

# 7 of the more Common Benefits Experienced from receiving an Indian Champissage (head) Treatment.

## 1. Headache Release

Indian Head Massage treatment commonly aids in the relief of migraines and other forms of headaches. This is the top benefit people experience and report back on. Often tension in the mid to upper back, neck and head can lead to headaches and migraines. The treatment focuses on the upper back, upper arms and shoulders to reduce tension in several muscles with attachments and insertion points at the base of the skull. Additional alternating stimulating and relaxing moves applied around the neck, face, and head encourage circulation of cerebral fluid which can reduce the blockages (energetically and other) that are often a cause of the headache. Of course there can be other reasons headaches exist.

## 2. Promotes Hair Growth

According to research, scalp massage increases hair thickness by stretching the cells of hair follicles. This, in turn, stimulates the follicles to produce thicker hair. It's also thought that a scalp massage may help dilate blood vessels beneath the skin, thereby encouraging hair growth. Many more hair stylists than ever before are taking this training to incorporate this treatment or part of it as an added benefit for their clientele.

## 3. Stimulates Lymphatic Drainage

The lymphatic system collects excess fluid that drains from cells and tissue throughout the body and returns it to the bloodstream, which is then recirculated through the body. During an Indian Head Massage many lymph nodes are both directly and indirectly addressed with movements that help to stimulate both the circulatory and the lymphatic systems.

## 4. Relieves Insomnia and Fatigue

Indian head massage relieves muscle tightness (caused by excessive stress and tension) within the body by promoting relaxation through a set of 45 unique moves. This allows the person receiving to feel a deep sense of well being and relaxation, which in turn after the fact affects the sleep cycle in a positive way. (BTW this is consistently the 2nd most common benefit people experience.) Why is sleep important? This is when the body does most of its repair and building of new cells. Sleeping well is far more than mere maintenance; it's an absolute requirement to be able to experience continued good health.

## 5. Relieves Anxiety and Depression

Massaging the head encourages the supply of oxygen to the brain which is one of the best ways of reducing anxiety and of lifting one's mood. Oxygen helps you think clearly and creatively and a similar effect is experienced through exercise. Increased levels of cortisol & stress neurotransmitters and lowered levels of serotonin and dopamine all equal more stress. Massage not only has the opposite effects on cortisol, serotonin, and dopamine levels, but it decreases frontal right lobe activity in the brain and increases activity in the left.

## 6. Renews energy levels

An Indian Head Massage works with the Ayurvedic concept which in this treatment places emphasis on energetic balance. Working on the upper 3 chakras ( which is the finishing part of the treatment) has a powerful effect on balancing all 7 chakras. This tridosha treatment also helps to reduce Pitta heat, warms up cold Vata and energizes Kapha.

## 7. Boosts memory capabilities.

Often we have short-term memory difficulties because our brains are overloaded with disorganized thoughts, making it very difficult for us to efficiently 'log' and collect thoughts and occurrences. Indian Head Massage slows us down, sensual awareness takes over, thoughts quieten and awareness is brought to the forefront. Cognitive health matters at any age but is even more critical as we age.