

# INDIAN HEAD (Champissage) MASSAGE TRAINING

3 DAY TRAINING COURSE

9:00AM TO 5:00PM

(These are the typical daily training times however, some class times vary from time to time.)

Fee: **\$550 + GST** (\$577.50) Includes Workbook

**Indian Head Massage** is a safe, effective, mobile therapy that can be offered anywhere you can safely set up a standard armless chair. This treatment is a great fit for those who offer mobile massage **and it is** especially well suited in the workplace setting as it is easily completed within 30 to 40 mins. For that reason it is also well received and well-suited at large events. For example: Teacher conferences, corporate conferences, retreats.

## **Equipment required to offer this treatment:**

**A comfortable, low-back, armless chair and a small pillow.**

**Students are not required to bring chairs to class.**

Hair oil is which is an optional part following the treatment. This is further discussed in class.

This treatment is **not** suited to the European Massage Chair.

This treatment **cannot** be done a massage table but you can extrapolate and integrate some parts into your table massage.

**All 3 days of training must be attended in full in order to receive your certificate.**

## **What is Indian Head Massage?**

**INDIAN HEAD MASSAGE (Champissage)** is 30 minute seated treatment done in a standard armless chair. Clients are fully clothed which allows this treatment to be done in a variety of settings. The treatment is delivered by the trained therapist in a set sequence and series of unique moves and movements.

This 4000-year-old East Indian Ayurveda therapy treats the person on 3 levels; the physical, mental, and subtle. The treatment is also considered to be a Tri-dosha balancing therapy.

The treatment includes moves from the traditional Indian Head Massage but is amplified with additional moves to the face, neck, upper arms, upper back, and tops of the shoulders. The delivery of a special hair and scalp conditioning oil at the end of the treatment is optional. No oils are used during the treatment. For a list of **Benefits** and **Contraindications** of this treatment please see pages 3 and 4 of this document.

You will be asked to do non optional **at home practices each of the first 2 nights of the training.** These need to be done on adult sized bodies.

**The first night** - 2 - 20 minute sessions.

**The second night** - 1 - 30 to 40 session plus a 20 minute session.

## Who Can Take This Training?

**There are no pre-requisites** required for this training so anyone who is in **good mental and physical health** with a keen aptitude for this type of work can take this training. The following are just some of the varied backgrounds of the people who have attended this training to date.

Policewomen, University Students, Engineers, Teachers, Registered Massage Therapists, Reflexologists, Nurses, Occupational Therapists, Doctors, Vice Principals, Special Needs Teachers, Hair Stylists, Stay at Home Moms, Bookkeepers, Yoga Instructors, Musicians, Makeup Artists, Nurses, Dental Assistants, Aestheticians B & B Owners, Spa Owners, Pilates Instructors, Holistic Practitioners, Geologists, Dental Assistants, Administrators, Chefs, Welders and many others.

During the 3-day training you will be taught some basic Anatomy and Physiology for the areas of the body you will be working on. In addition to that, information to read and review will be sent to you 1 week before the training.

## What are the reasons to take this training?

- It is an affordable training to take and an affordable treatment to offer.
- It is gaining popularity and is being requested by more and more people in Canada.
- It is versatile and well suited to many situations where traditional massage is not.
- The treatment is a great stand alone treatment yet, fits well with other services offered.
- Several associations give continuing credits for this training. Please see the link to the CEC's page on the website for full details including how many credits are offered by each association for each course taken.
- It is insurable. See FAQ page for Insurance details.
- This is an excellent skills training for those who are looking for more tools to add to their existing menu of services.
- This training is a good segue learning into other massage training for those who are considering that taking that path as a career.

## What are the Benefits of this Treatment?

### **Helps prevent migraines, headaches and back pain.**

Often tension in the upper back, neck and head can lead to migraines, headaches and back pain, which can make for uncomfortable living on a day-to-day basis and sometimes even lead to bouts of depression. The moves of Indian Head Massage can often reduce these symptoms if caused by stress and tightness of the muscles in these areas.

### **Promotes hair growth.**

Massage increases nourishment and oxygen to the scalp and hair follicles, which in turns stimulates hair growth. Release of the head/scalp fascia which is part of the treatment of Champissage™, can induce relaxation through out the body.

### **Assists the body with the natural processes of detoxification.**

Indian Champissage™ stimulates lymphatic system and improves blood flow. This additional boost to these systems can further assist the body to flush out toxins.

### **Combats Insomnia.**

The moves by design help to relieve sleeplessness, restlessness and insomnia by bringing about sense of calm and wellbeing. People regularly report back that they are sleeping better after a few treatments of Indian Champissage™.

### **Relieves symptoms of 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 lifting one's mood. This treatment is not a fix for clinical depression but as long as it's not contraindicated it can be helpful in those cases as well.

### **Increased Feel-Good Chemicals**

- **Dopamine:** This neurotransmitter is associated with pleasure and motivation, and massage can boost its levels, leading to feelings of satisfaction and energy.
- **Serotonin:** A neurochemical that influences mood, serotonin levels are increased by massage, contributing to feelings of well-being and acting as a natural pain defence.
- **Endorphins:** Massage releases endorphins, the body's natural painkillers and mood elevators, promoting feelings of happiness and relaxation.

### **Boosts memory capabilities.**

Often people experience short-term memory difficulties if their minds are overloaded. Today's fast-paced lifestyle is taking its toll on all of us. Indian Champissage slows us down so our thoughts become quieted and a greater awareness (body/mind connection) is brought to the forefront.

## **What are Some the Concerns and Contra Indications for Giving and Receiving Indian Head Massage Treatments?**

- Recent whiplash or injury to the neck or upper back, shoulder upper arm and head region.
- Concussions, especially if the concussion has happened within last 3 to 6 months and considered to be a Grade 3 concussion.
- Contagious conditions that will limit the therapist to properly deliver the treatment or may put the therapist at risk.
- Certain conditions (such as active and weeping psoriasis of the hands) particularly on the person giving this treatment. This would be a health risk because we work extensively on both the head/scalp and the facial regions.
- Epilepsy in part, due to the client sitting in a chair and the number of stimulating moves.
- Chronic Fatigue/Fibromyalgia (if advanced and non-resolving)
- Clients under-going medical treatments; Cancer, Auto Immune Diseases and other diagnosed diseases of concern. Please inquire about this if you have such a condition and wish to take this training.
- Unregulated high or extremely low blood pressure requiring the ongoing care with a medical doctor. This condition and all others of concern or conditions that may be fully contraindicated are further discussed in the class setting.

## **After Reading all of the above how do I sign up for the next Indian Head Massage Training Class?**

- Please be sure to read the (FAQ) frequently asked questions page in full.
- Please use the links provided on the website to register and wait for a response to send payment.

[Direct link to FAQ Page](#)

[Direct link to Registration Page](#)

