

INDIAN HEAD MASSAGE (Champissage)

This is an advanced combination of rhythmic strokes which soothe and re-balance the energy flow, very quickly calming tense and stressed individuals. It is excellent for easing muscle tension especially in the upper back, shoulders and neck where many people literally carry their burdens and pressures. This massage can be either stimulating or relaxing... or even a little of both! The therapist tailors the techniques and the priority areas to focus on, by establishing each individual's needs prior to commencing the treatment.



Normally, the full procedure covers the upper back, shoulders, arms, neck, scalp, face and ears. Traditionally, this treatment can be performed anywhere with the recipient sat on a chair, oils are not used, as it was designed to be carried out over light clothing.

This massage has many health benefits; it helps to eliminate toxins from the body by stimulating the lymphatic system and encouraging a greater distribution of oxygen to all the tissues, boosts the immune system, increases mental alertness and raises concentration levels. It is extremely beneficial for those suffering with sinus problems, eye strain, migraines and headaches, feelings of anxiety, poor memory, disrupted sleep patterns, poor concentration levels and it even helps to promote hair growth!

Consequently, this treatment is perfect to be conducted almost anywhere where there is an available chair. Every treatment can be adapted to suit the individual, so this is an ideal stress busting "mini" treatment of 5 to 10 minute sessions which are extremely beneficial, whilst a full routine of 45 to 60 minutes is the ultimate experience!