

Six reasons to try an Indian head massage



Indian head massage

Indian head massage is a technique that has been practised in India for over a thousand years. Based on the ayurvedic system of healing, it promotes physical, emotional, and spiritual wellbeing through the stimulation of important energy areas in the body.

Ideal for relieving stress, anger, and tension, we look at just a few of the reasons why you might want to try it for yourself...

1. It prevents migraines, headaches, and back pain

Tension in the upper back, neck, and head are common causes of migraines, headaches, and back pain, and the ayurvedic system of healing is perfect for remedying these. Applying pressure to points in the upper back, arms and shoulders, massage therapists work to release knots and tension. Practitioners will also focus on areas of the head and neck in order to relieve blockages and improve the circulation of cerebral fluid.

2. It detoxifies

Indian head massage is a healthy, natural, and non-invasive way to remove waste products from the body. The motion works by stimulating and improving lymphatic drainage and blood flow to the neck, removing unhealthy toxins.

3. It promotes hair growth

Indian head massage has also been proven to promote hair growth, helping recipients to achieve long, luscious locks. The motion acts to increase oxygen to the scalp and hair follicles, stimulating growth and improving hair health.

4. Improves your sleeping pattern

Three common ailments in our modern world are restlessness, sleeplessness, and insomnia, all of which can be side-effects of stress. Indian head massage, which promotes relaxation, can be the perfect antidote. Soothing the body and increasing the recipient's sense of wellbeing, it can lead to healthier sleeping patterns and restfulness.

5. Combats anxiety and depression

Indian head massage can also be a simple way to alleviate depression and/or anxiety. Encouraging the supply of oxygen to the brain, it is a natural mood boost, and can create a high similar to the endorphin rush of exercise.

6. Improves your memory

Stress and worry can overload our brains with disorganised thoughts, and this can lead to short-term memory problems because we cannot effectively log and collect our experiences 'in the moment'. Indian head massage combats this by inducing a deep sense of tranquillity, allowing your mind to quieten and awareness to be restored.



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