



Healing Scents Holistic Clinic

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ONE or TWO Day Workshops for Indian Head massage (Champissage)

Indian Head Massage is a specific therapy for the head, face, neck, shoulders, upper arms and upper back. It covers the vulnerable areas where we are most likely to suffer from stress and tension. It has its roots in an ancient system of medicine, Ayurveda, which was developed some 5,000 years ago in the Himalayan region of the India.

The treatment manipulates the soft tissue and muscles of the body, and stimulates the blood, the lymph system, skin and nerves. The massage manipulations can have either a stimulating or relaxing effect, depending on the technique used.

Course Outline

Day 1

Introduction to Indian Head Massage Workshop

History

Benefits of Champissage

Contraindication and Precautions

Review of Skin Diseases and Disorders

Client Intake Sheet

Therapist Preparation

Client Preparation

Massage Terminology

Neck Massage

Scalp Massage

Day 2

Carrier Oils & Essential Oils Safety

Back & Scapula Massage

Shoulder massage

Chest Massage

Neck Massage

Scalp Massage

Face Massage

Marma Points / Acupressure points

Prerequisites – Day 1 none

Day 2 you must have completed Day 1 course

Class size is limited so book early

Dates, Times and Costs: For details see

<http://vancouverislandaromatherapy.com/workshops.html>