

Indian Head Massage (Champissage) 1 Day Workshop

Workshop 9.00am – 5.00pm 1 hour for lunch
Participants will be awarded a certificate of in –attendance

Indian Head Massage (Champissage) is a specific therapy for the head, neck, shoulders upper arms and upper back, and also the face. 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 Indian subcontinent by Rishis – ancient Indian holy men.

Indian head Massage works on the physical, mental and subtle levels.

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

Physical Benefits

General and specific relaxation for muscles, providing immediate relief

Dispersal of toxins from tense, knotted tissue

Relief from chronic neck, shoulders and upper tension and stiffness

Loosening of the scalp Improves circulation of blood in previously congested muscles, providing extra oxygen to the brain

Promotion of hair growth and texture

Tones the facial tissues enhancing the complexion

Relieves tension headaches

Helps with eye strain/ache, sinus problems and facial congestion, neuralgia and tension of the jaw

Mental Benefits

A sense of calmness, peace and tranquility

A release of anxiety

A more meditative frame of mind

Clarity of thought/brightness

Re-establishment of alertness, concentration and confidence

Helps to dissipate mental fatigue, irritability, edginess, depression, anxiety, and stress in general

Helps with insomnia

Massage is one of the best ways to deal with stress. It can help to re-educate the body, reminding us how to rest and relax.

When the body has been re-balanced and the immune system boosted, the body is better to fight of infection.

Subtle Benefits

Release of stagnant energy, and a boosting of available energy on all levels

General energetic healing/spiritual connection

Alignment of mind, body and spirit

Indian Head Massage is a unique massage treatment. It has many advantages, including the following:

- No need to undress
This is encouraging for clients who are nervous or new to massage treatments
- Versatile
This is an ideal treatment for the less able-bodied client, as the treatment can be carried out anywhere even if the client is in a wheelchair.
- Suitable for all ages
From small children who are hyperactive to the elderly and disabled
Can be done on pregnant woman
- Cost-effective
A full treatment takes approximately thirty minutes
- Usable anywhere
Can be done in the workplace, nursing or residential care homes

Essential Oils are optional

Workshop Outline

History and Benefits of Indian Head Massage (Champiassage)

Contraindication and Precautions

Massage Terminology

Carrier Oils & Essential Oils Safety

Participants will learn the massage techniques and routine working on the:

Upper Body

Shoulders & Arms

Neck

Scalp

Marma Points