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Indian Head massage

This factsheet is for people who are planning to have Indian Head massage or who would like information about it.

Indian Head Massage is a complementary therapy based on the Ayurvedic system of healing which has been practiced in India for over a thousand years.

Indian Head Massage is **Not** an alternative method of tumour reduction to the conventional therapies (surgery, radiotherapy, chemotherapy, endocrines or biological therapy).

Your care will be adapted to meet your individual needs and may be different from what is described here. **Therefore, it is important that you follow your practitioner's advice.**

About Indian Head Massage

The aim of Indian head massage is to release the stress that has built up in the tissues, muscles and joints of the head, face, neck and shoulders.

The therapist may use a range of different movements including use of deep kneading and compression movements over the neck, shoulder and scalp areas. In addition, the therapist will also gently stimulate and stroke pressure points on the face.

Some of the conditions Indian head massage may assist with:

- Stress, tension, fatigue
- Insomnia
- Headaches, migraine
- Sinusitis
- Joint mobility/flexibility in the neck and shoulders
- Circulation

About the procedure

During your first visit you will be given a detailed assessment. The practitioner will ask you questions about your medical history, lifestyle and health problems. She/he will also discuss the area of the body to be worked on and the level of massage to be used. Massage will not start until you have given consent in writing. Each session will last about 50 minutes.

You can ask any questions you might have. Your therapist will not make a medical diagnosis as he or she is not trained to do so. However, your therapist can advise you on aftercare following Indian head massage treatment.

It is important to tell your therapist if you have a nut or other allergy.

You may stop the therapy at any time including mid-session if you want to – simply ask the therapist to suspend the session.

If you want to stop therapy after treatment – please telephone the Lilac Centre and ask for Complementary Therapy Co-ordinators.

What are the side effects and when should it be avoided?

Following treatment some people experience tiredness, dizziness, an increased desire to urinate (as the body gets rid of toxins and waste materials) or aching muscles. All of these side effects usually last for no more than a few hours, after which people generally experience increased energy and alertness.

Indian head massage should be avoided if you have:

- ◆ Had recent surgery
- ◆ A head or neck injury
- ◆ A history of thrombosis or embolism
- ◆ Spondylitis or spondylosis
- ◆ High or low blood pressure
- ◆ Diabetes
- ◆ Any kind of heart condition
- ◆ Cancer
- ◆ Osteoporosis

Talk to your doctor before arranging a treatment session.

All our therapists are fully qualified.

If you have any concerns, complaints or compliments about the service, or if you have used the therapy for specific symptom relief please put all comments in writing and / or speak to one of the Complementary Therapy Co-ordinators who manage this service.

**If any new symptoms arise or any existing symptoms get worse
seek medical advice immediately**

This leaflet can be made available in alternative languages/formats on request.

如有需要，本传单可提供其他语言/版式

此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona w innych językach/formatach

Creation Date – March 2011

Reviewed – December 2016

Next Review date – December 2019

Produced by the Lilac Centre – Cancer Services