

BENEFITS

- Can create overall relaxation.
- Can improve blood circulation, increases oxygen supply to the brain and drains away accumulated toxins.
- Can create a more balanced state of being.
- May relax tight and painful muscles, ease stiffness and break down knots in muscles.
- May increase joint mobility.
- May encourage deeper breathing and deep relaxation.
- Can help to dissipate mental tiredness, stress and depression, resulting in greater mental alertness, concentration and clearer thinking.

*What qualifications does
our Indian Head
Massage Practitioner
hold?*

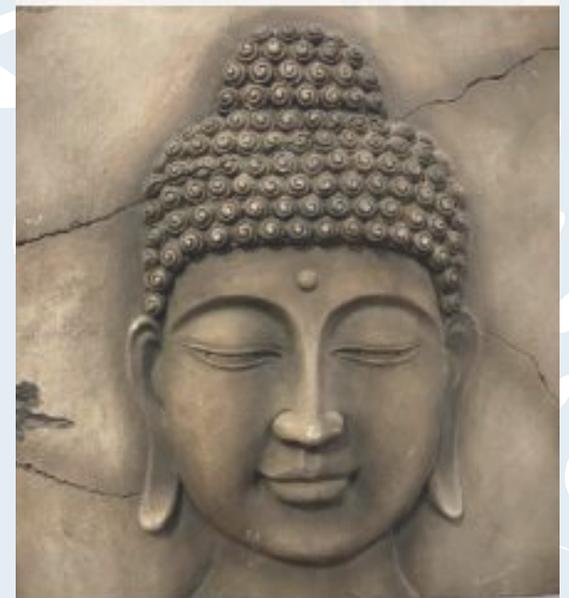
**Rose Reading is an
Indian Head Massage
Practitioner who
received her training
through
The Canadian Centre of
Indian Head Massage**

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Indian Head Massage



HISTORY

Massage is the oldest form of medicine known to humans and has been practiced for thousands of years.

The art of Indian head massage originated from Ayurveda - the ancient Indian system of medicine.

This Sanskrit word can be translated as the "science of life" or "knowledge of life".

Indian barbers incorporate massage into their treatment. A visit to the barber will always involve champi - the Western word "shampoo" is derived from this word which means "having your head massaged".

WHAT IS INDIAN HEAD MASSAGE?

Indian head massage is a form of relaxation massage only.

Though we do see therapeutic benefits, we cannot claim them. We never claim to "fix", "cure", "heal" or "treat" anything.

The benefits our clients may experience are due to the relaxation and possible detoxification that occurs after a session.

In this "space of relaxation", our clients heal themselves.



ADVANTAGES

- There is no need for clients to disrobe. This allows for greater comfort in clients who are apprehensive about disrobing to receive a massage.
- The session is done in a seated position making it easier for those with mobility issues or for those who experience pain while laying down.
- Suitable for all people and all ages.
- Everyone can benefit from a relaxation massage.