

Indian Head Massage at Yoga Akasha with Jackie



Indian Head Massage is a lovely treatment that uses a technique of manipulating soft tissues in the back, shoulders and scalp. Jackie uses a range of different massage pressures to stimulate the head and neck area. A typical massage is approximately 40 minutes.

To finish off with a beautiful relaxing face massage, where the muscles relate to the jawline and facial features, again to relieve muscles and to ease tension.

This kind of treatment is fantastic for your mental health too. An Indian head massage will soothe your mind and help with conditions such as insomnia, anxiety and general stress. The boost that this type of massage gives to your lymphatic system is great for keeping your immune system well balanced.

With your energy flowing smoothly around your body once more, you will really reap the many benefits it can bring.

Indian Head Massage benefits include:

- Relief of built up tension in neck and shoulders.
- Headaches
- Migraines
- Neck & Shoulder pain
- Detoxification of the body by stimulating lymphatic drainage.
- Gives a good feeling of well-being.
- To help with insomnia and fatigue
- Ease Anxiety

Cost: £45.00

To book an appointment at Yoga Akasha with Jackie, please email jackie-boyce@hotmail.com or call 07810 146563

