

Indian Head Massage

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Sample of Content:

Persons who may benefit from Indian Head massage are those suffering from tension headaches, eye problems, tinnitus and ear problems, insomnia, neck and shoulder stiffness, sinusitis and congestion, hair loss/thinning, scalp tension and stress.

Content:

Indian Head Massage is a form of relaxing massage therapy which focuses on the head. Indian Head Massage is a massage technique whereby the head and scalp are massaged along with meditation which allows for an effective means of subtle relaxation.

Combining Indian Head massage, with Shiatsu and acupressure techniques on the upper back, shoulders, arms and hands, neck, scalp and face Indian Head Massage releases tension and tends to restore energy balance. By clearing areas of negativity, Indian Head Massage is utilized to release toxins, and helps with knotted muscles. Additionally, Indian Head Massage is great for improving circulation and the lymphatic system. Indian Head massage is also effective with improving joint mobility ease, heightening states of awareness and overall wellbeing.

In particular, persons who may benefit from Indian Head massage are those suffering from tension headaches, eye problems, tinnitus and ear problems, insomnia, neck and shoulder stiffness, sinusitis and congestion, hair loss/thinning, scalp tension and stress.

To learn more about Indian Head Massage, or if you are interested in finding a practitioner who practices Indian Head Massage, feel free to check our Holistic and Massage directories at HolisticJunction.com.

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