

INDIAN HEAD MASSAGE

A STEP-BY-STEP SELF MASSAGE ROUTINE

It can be useful to carry out self massage at least once a week to help leave you feeling re-energised, calm and focused. The massage should ease any aching muscles, and may help you have a more restful night's sleep. Use self-massage to energize yourself in the morning, or to unwind in the evening.



Massage helps reduce muscle tension and stiffness in numerous ways, including increasing blood flow to your muscles. Some research shows that regular massage may also boost immunity by stimulating the production of white blood cells. Massage helps you relax and improve your mental energy. It may also make you more productive at work or as you try to achieve things during the day.

Try to find somewhere quiet and make sure the room is warm enough. Perhaps put on some relaxing music too. Sit in a chair with both feet flat on the ground.

1. Breathe in and out through your nose deeply three times.
2. Gently massage the whole of the scalp in a circular motion, using you're the tips of your thumb and fingers, both hands, as if shampooing the hair and scalp.
3. Using both hands, one each side of head, grasp fistfuls of hair at the roots, keeping your knuckle close to the scalp, and tug from side to side. Make sure you cover the whole of the scalp.
4. Use the heels of your hands to gently squeeze at the temples, and make slow, wide circular movements.
5. Looking down slightly, massage the back of the neck by using one hand to squeeze and roll the muscles. Start at the top of the neck and work down, first with one hand, then with the other. Repeat a few times.
6. Place your right hand on your left shoulder, near the neck, and using medium pressure, gently squeeze the shoulder muscle that start at the base of the neck. Work outwards along the shoulder, and then down the arm, stopping just before the elbow. Repeat 2 more times, then repeat on the other side.
7. Place the flat palm of your right hand beside the base of the neck on the left hand side. Use your palm to rub along the top of the shoulder, and down the left upper arm. Repeat 2 more times from neck to elbow, then repeat on the other side.
8. Use your hands to lightly smooth down your head from front to back, covering the whole scalp.
9. Finish by lightly stroking the face from centre out to ears, stroking the chin to ears, nose to ears, and forehead to ears. Repeat several times.
10. Allow yourself a few minutes to relax at the end of the routine

Do remember to drink plenty of water to help the removal of toxins.