



What is Indian Head Massage?



- Indian Head Massage is massage movements around the shoulders, upper back, neck, ears and face

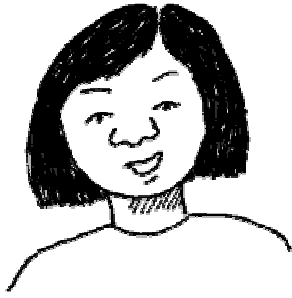
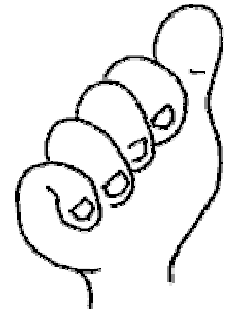


- You can use oils to massage like almond, coconut, mustard and sesame.



- Or you can massage without oils where the person will not have to remove any of their clothing.

Indian Head Massage helps:



- You to relax and feel good



- More blood and oxygen to get to your brain and muscles helping to make you feel comfortable.



- You to feel calm and less stressed

