



Indian Head Massage: Discover the power of touch

Narendra Mehta

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Ebook edition of the hardback bestseller. A full colour, step by step guide to the techniques and secrets of Indian Head Massage.

Discover the secret of Indian head massage and feel fabulous.

Indian Head Massage is a wonderfully relaxing therapy that involves massage of the upper back, shoulders, neck, head and face. The massage is safe, simple to learn and effective. It can provide relief from aches and pains and stress symptoms, promote hair growth, soothe, comfort and rebalance your skin and give you a sense of deep calmness and tranquility.

This book looks at the history of Indian Head Massage, introduces the power and importance of touch and takes you step by step through the basic methods of champissage. Each step is fully illustrated and there are clear instructions for different massage techniques for the upper back, shoulders, neck, head and face – all of which you can practice on yourself, or with a partner.

Learn how a simple circular temple rub can release your tension headache, how to ‘iron down’ into a state of relaxation, and how to send a tingle down your lover’s spine with a sensual ear massage.

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