



What is Indian Head Massage?

Indian head massage, also known as champissage, originates from a hair treatment incorporating massage, used by Indian women to maintain the condition of their long dark hair and to protect it from the drying effects of the sun. Oils such as olive, almond, coconut and henna were massaged into the scalp and pulled through the hair. Herbs and spices were often added to the oils to improve the smell of the oil and to add to the overall therapeutic effect of the treatment.

Apart from the obvious benefits of an oil treatment through the hair, the massage itself would have helped tremendously by improving circulation to the scalp, thereby stimulating hair growth.

Many barbers in India began to offer invigorating head massage as part of their treatment. Our word “shampoo” originates from the Hindi word “champi” which means head massage!

The upper back, shoulders, neck, scalp and face are worked on during the treatment using a variety of massage movements.

The treatment can be carried out using dry hands with the client fully dressed, sitting on a low-backed chair (making this a good treatment to offer as part of a stress management programme during a client’s working day). Alternatively oils can be used, in which case clothing on the upper body should be removed and the client should be pre-warned that their hair will be oily following the treatment.

Effects and benefits of the treatment

Indian head massage works on the whole body and is classified as an holistic treatment.

The physical, psychological and subtle levels are treated, resulting in a de-stressing programme for the whole body.

Many positive effects are achieved through physically working on the neck, shoulders and scalp:

Physical benefits:

- Blood flow is improved to the head and neck bringing with it oxygen and nutrients to nourish the body's cells and promote healing
- Lymphatic drainage to the head and neck is stimulated and increased therefore waste materials from the body are eliminated more efficiently
- Relieves muscular tension and improves muscle tone
- Improves mobility of joints
- Greatly helps to ease headaches and migraine
- Relieves mental strain and aids concentration
- Relieves sinusitis and congestion
- Scalp massage relieves tension from the scalp and increases blood supply to the area, thereby improving the condition of the hair and increasing the rate of hair growth
- Revitalises the whole body

Psychological benefits:

- Alleviates stress, anxiety and depression
- Helps the body to achieve a state of equilibrium - a balanced feeling of peace and harmony
- Clears the mind

Subtle benefits:

- Re-balances the flow of energy through the body
- Stagnant energy is released