



A Bed of Roses MediSpa

Two locations: Markham & Thornhill • 905-887-3845 • www.abedofrosesmedispa.com

Indian Head Massage

What Is Indian Head Massage?

Indian head massage is based on the ancient healing system called Ayurveda.

The massage is invigorating, revitalizing and an uplifting treatment working on the upper back, shoulders, scalp and face. These areas are massaged with a firm and gentle rhythmic fashion involving acupressure points. Traditionally Ayurvedic oils are massaged into the scalp for their many therapeutic properties. The use of oils is optional.

This particular form of massage can be used to relieve eyestrain, insomnia, migraines, stiff necks and shoulders and headaches. It also relaxes and tones the facial muscles and stimulates and nourishes the hair and scalp.

For complex conditions, a course of treatments may be advised, but once you discover the benefits of Indian Head Massage, you may decide to have Indian Head Massage on a regular basis