



## WHAT IS INDIAN HEAD MASSAGE?

Indian Head Massage is a seated massage of the back, shoulders, neck and head which relieves stress and tension held in the upper body.

The techniques of Indian Head Massage date back over 1000 years and are based on the ancient Ayurvedic system of healing.

Dr Nerendra Mehta, a trained physical therapist, adapted these techniques and incorporated them into his UK practice. Indian Head Massage soon gained popularity in both the corporate and home environments due to its simplicity and effectiveness.

## WHAT IS REFLEXOLOGY?

Reflexology is more than “just a foot massage”

Reflexology is an ancient tradition, which has been traced back 5000 years. The word reflex means ‘to reflect’ and so reflexology is the study of the reflexes in the feet corresponding to the parts of the body. When these pressure points are massaged, it helps to increase your vitality, general health and well being



## WHAT CAN THIS DO FOR MY EMPLOYEES?

The treatments provide assistance for a number of conditions including-

- relief from pain and stiffness in the muscles of the upper back, shoulders, neck, head and face
- increased mobility of the joints in the neck and shoulder area.
- relieving tension headaches, eye strain, jaw ache, nasal and sinus congestion
- raising energy levels
- lowering stress, anxiety and lethargy
- increasing immunity
- improving circulation and lowering blood pressure
- improving concentration and clear thinking
- promoting deeper, calmer breathing
- encouraging general feelings of wellbeing and improving the ability to cope

## WHAT CAN THIS DO FOR OUR BUSINESS?

Regular work place massage can help your business in many ways such as-

- Improve staff morale
- Reduce absenteeism
- Assist in team building
- Increase energy levels
- Lower stress levels
- Increase work output
- Reward loyalty of hard working staff.

## WHAT TO EXPECT IN A SESSION

Using the expertise of our 2 therapists, we can liaise with you to tailor a programme to suit the size and needs of your business.

You can choose from Indian Head Massage and/or Reflexology mini sessions lasting from a minimum of 15 mins to a maximum of 45 mins per person. Therapists are available to come in on a regular basis (weekly or monthly) or you can book a one off session of consecutive days on site.

Contact Tricia or Angela to discuss a package and get Massage@Work to work for you!!