

Course Information Sheet

Indian Head Massage



Course Summary: Learn the art of Indian Head Massage in this practical 4-week course, perfect for beginners seeking a new skill or therapists wanting to expand their repertoire.

Course Description: Learn about the wonderful and holistic therapy of Indian head massage that introduces you to the traditional techniques of this deeply relaxing and rejuvenating practice. It has been used for centuries to promote physical, mental, and emotional well-being and is an excellent support in treating insomnia, depression, stress and headaches. You will learn from the expertise of a first generation practitioner who trained with Narendra Mehta, credited with formulating the therapy and introducing Indian head massage to Europe.

By the end of the course you will understand the effects and benefits of Indian head massage, and explore how to adapt the massage for specific conditions such as headaches and muscle tension in the shoulders. Expect to have fun and have your hair messed up so why not learn together, with a friend! * If attending on your own, please be prepared to work with other people so you can all experience receiving the massage as well as practising it.

The course is suitable for those who wish to practise Indian head massage on friends and family for relaxation and relief and will also be a good foundational introduction if you wish to progress to a fully certified qualification.

What will I learn?

- Lesson 1: You will be introduced to the history, who would benefit from an Indian head massage, what are the effects of having a treatment and what are the benefits. You will also have hands-on practice of specific techniques for the upper back and neck and experience the massage.
- Lesson 2: Explore how the massage can reduce stress, alleviate anxiety, improve concentration, and enhance overall mood. You will reinforce the massage techniques you have learned and introduce massage to the scalp and how to care for scalp and hair conditions.
- Lesson 3: Understand the mental and emotional benefits and explore the role of energy flow and the concept of energy centres (chakras) in Indian head massage. You will consolidate all the techniques you have learned and practise the whole massage.
- Lesson 4: Learn about the difference and benefits of commonly used oils like sesame, coconut, and almond, and how they enhance the therapeutic effects of the massage. You will understand how tailoring the massage can help alleviate headaches, relieve muscle tension and reduce stress and also practise the techniques for your adapted massage.

How will I be assessed?

- **Formative:** Ongoing practical work and peer feedback. Interactive quizzes and knowledge checks

- **Summative:** Practical delivery of a full Indian Head Massage treatment

Who is this course for?

- Beginners with no prior experience in massage therapy
- Existing therapists looking to add Indian Head Massage to their service menu
- Individuals seeking personal development and a new practical skill

Progression Opportunities:

After completing this course, you can:

- Gain further qualifications in massage therapy, such as Swedish Massage or Holistic Massage
- Pursue a career as a mobile therapist specialising in Indian Head Massage
- Offer Indian Head Massage as part of a wider range of holistic therapies

Career or Job Enhancement Pathways:

This course can be a stepping stone towards careers such as:

- **Mobile Massage Therapist:** Offer Indian Head Massage alongside other therapies
- **Spa Therapist:** Work in a spa setting, providing Indian Head Massage as part of treatment packages
- **Holistic Therapist:** Integrate Indian Head Massage into a wider range of holistic therapies

How do I enrol?

The quickest way to enrol is online at www.oucoursesouthwest.co.uk, simply create an account and select 'Enrol now'. Alternatively, if you have any questions, please call our friendly customer service team on 01752 660713.

How will the course be delivered?

This is a practical course, and the sessions will include tutor-led demonstrations, learner-led group activities, instruction and repetition. These will form part of the delivery together with one-to-one support as required.

Will I need to practise outside the classroom?

You will be encouraged to review your notes between lessons to ensure maximum benefit from your course. It is always useful to practise your skills between sessions. Your tutor may encourage home learning, or independent research.

How will I know I'm making progress?

During the first session, your tutor will discuss your goals and current level in relation to the course. Based on this assessment, you will agree individual targets which you will record in your individual

learning plan (ILP). You and your tutor will review your targets regularly to ensure that you are making progress; these will be written in your individual learning plan.

What will I need?

Please bring a notepad, and pen to each session. You may wish to bring a file for any handouts. A laptop with internet access is required for completion of coursework and home learning outside of the classroom.

Please note:

Most courses attract a subsidy from the Education and Skills Funding Agency (ESFA). It is a requirement of the ESFA that you complete various forms at different stages of your course, further information is available on request. Courses are subject to a minimum number of enrolments and could be cancelled if recruitment is low. In some cases, an alternative class at a different location may be offered.

Terms and conditions are available at

<https://www.onsouthwest.co.uk/learner-information/essential-information-for-every-learner>

Room numbers are subject to change - please check when you arrive at the venue.

