

AROMATHERAPY INDIAN HEAD MASSAGE

**CAROL
GLEESON**

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For appointments please call :-

**Wood Farm Complementary Therapy
and Healing Centre,
Starston**

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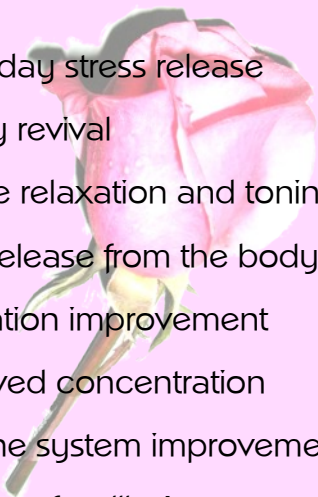
What is Aromatherapy?

Aromatherapy is a treatment designed to help the body as a whole by the correct use and application of essential oils obtained from plants. The word 'aroma' means a fragrant or sweet smell, a subtle pervasive quality, the fragrance in plants, spices and other substances, and therapy means a treatment designed to heal. The origin of Aromatherapy goes back to ancient civilisation where the use of essential oils was very much part of every day living.

Aromatherapy massage is a really effective and enjoyable way of transporting aromatic oils into our system. Massage itself carries it's own benefits in the sense of touch in a caring way

The benefits of Aromatherapy massage are numerous. Listed below are some of the most important ones.

- ☯ Every day stress release
- ☯ Energy revival
- ☯ Muscle relaxation and toning.
- ☯ Toxin release from the body.
- ☯ Circulation improvement
- ☯ Improved concentration
- ☯ Immune system improvement
- ☯ A sense of wellbeing



Indian Head Massage

Indian Head Massage known in Hindi as “Champi” is a massage of the head that originated in India where it has been a centuries old family practice. It comprises of a massage of the head and neck with the hands using the modern knowledge of shiatsu and acupressure, helping to realign natural energies and balancing negativity. Psychological and physical benefits include:-

- ☯ Feelings of calmness and relaxation
- ☯ Release of tension from muscles
- ☯ Higher levels of concentration
- ☯ Stimulation of circulatory system
- ☯ Stimulation of lymphatic system
- ☯ Improvement of joint mobility
- ☯ Helps tension headaches.

After Treatment

After a massage it is important to retain the oil on your skin for as long as possible to enable complete absorption thus promoting the best results. It is also important to drink as much water as possible after a massage to allow toxins to be released from the body. Relaxation and rest after a treatment benefits the body physically spiritually and mentally.

There are various home care treatments which can be offered if required

About Carol

Carol qualified in London as an Aromatherapist in 1996 under the International Institute of Health and Holistic Therapists and is a member of the Council of Holistic Therapists. Her decision to study aromatherapy was basically an instinctive desire to work in a caring profession and has always felt that awareness of the needs of others comes from fulfilment in ones own life.

Carol decided to study Indian Head Massage because she felt it worked harmoniously with aromatherapy.

She also belongs to an organisation called Healing Hands Network who send therapists out to Bosnia to use their skills in helping to alleviate suffering both physically and emotionally after the effects of war



Treatments available

Full Body Massage..... 1 ½ hours

Full Body Massage..... 1 ¼ hours

Full Body Massage..... 1 hour

Half Body Massage..... ¾ hour

Half Body Massage..... ½ hour

Indian Head Massage..... ½ hour



**'Here first she bathes, and round her body pours
Soft oils of fragrance and ambrosial showers,
The wind, perfumed, the balmy gale conveys
Through heaven, through earth, all the aerial ways.'**

Homer

