

## Practical Routine Notes

*Use the margins to make your own notes.*

### THE ROOM

Indian Head Massage is versatile.

Ensure the client is sitting in a chair with a low back and no arms.

The client's legs must be uncrossed and the feet flat on the ground. Have a footstool available for shorter people, if necessary.

### PREPARATION

The beauty of this treatment is that the client can remain fully clothed.

Alternatively, you can use oil.

Bulky jerseys should be removed – so ensure that the room is warm in the cooler months.

Earrings, watch, necklaces and bracelets should also be removed; rings may remain.

Remove your own jewellery.

Unless you are planning to use oil at the end of the treatment, suggest to the client that they come to you with clean hair. Not only is it more pleasant to work on, but it will enable you to examine the hair and scalp.

Wash your own hands immediately before and after each treatment.

### CONVERSATION

Conversation should be kept to a minimum – preferably no talking at all during the treatment, unless there is a problem.

When working on someone for the first time, allow a little extra time before commencing.

Allow approximately 30 minutes, plus discussion time. This extra time is used to fill in the consultation card and establish the reason for treatment, stress, headache, hair loss etc.

### INDIAN HEAD MASSAGE WITH OTHER THERAPIES

Indian Head Massage lends itself very well to being incorporated into other therapies.

Reflexology complements Indian Head Massage by working the two extremities in which are found the zones related to all areas of the body.

Once again, the client remains clothed. It is preferable to work on the head and shoulders first. The Head and Shoulder massage creates a sense of peace, and the client will be happy to lie down, and even go to sleep while receiving Reflexology.

**WARM UP/MAKING CONTACT**

- Wash hands.
- Warm the oil on your hands and forearms.
- Stand behind client, lay hands on shoulders. Rub gently to make contact.
- Ask client to take 3 deep breaths.

**BACK****1. Thumb Sweeping X3**

- Sweep thumbs upwards and outwards, lifting fingers to avoid pinching.
- Repeat each movement 3 times: Light, medium and heavy.
- Sweep thumb to point of shoulder.
- Sweep thumb to middle of top shoulder.
- Sweep thumb base of neck.

**2. Friction/Rub with fingers**

- Lay your hand on client's left shoulder.
- Friction levator scapulae/rhomboid muscles – L shape – between the spine and scapula – Continue to the point of shoulder and back down again.

**3. Friction/Rub with heel of hand**

- Follow this movement by rubbing the area with the heel of the hand – in your L shape out to the point of shoulder and back again.
- Repeat friction rub fingers (2) and heel of hand (3) on the other side.

**4. Forearm**

- Start from the base of the neck and deep effleurage with your forearm down the back and up again in L shape out to point of shoulder. X3
- Forearm at base of neck – pressure point down the back.
- Repeat the other side.

**5. Acupressure points**

- Starting on one side of the spine at a time, from the bottom up to the neck. Press reinforced thumbs firmly hold for count of 6.
- Continue out to the point of the shoulder.
- From point of shoulder, effleurage down the back and repeat on the other side of the spine.

*Continued...*

**6. Petrissage**

- Petrissage – knead one side of the back at a time – next to the spine - the trapezius, including upper fibres of trapezius and Deltoid muscle and back down.
- Wringing upper fibres of trapezius and Deltoid.
- Repeat both these movements on the other side.

**7. Knuckling**

- Knuckle both sides of the back together - either side of spine together, up to the base of the neck, to the point of the shoulder, include the deltoid and down again.

**8. Tabla**

- Tabla one side of the spine at a time – follow the same route as above.

**9. Thumb roll and pick up and squeeze**

- Place both palms on shoulders.
- Start at the base of the neck - Using thumbs, push roll the muscle forwards, using medium pressure, be careful not to pinch.
- Repeat at middle of shoulders.
- Repeat at corner of shoulders
- Pick up and squeeze
- Start at the base of the neck - Using thumbs, pick up and squeeze the muscle
- Repeat at middle of shoulders.
- Repeat at corner of shoulders

**10. Hacking/champi/cupping - One side at a time.**

- Hack next to the spine, up to the base of the neck, out to the point of the shoulder and back down again.
- Champi as above, both hands together.
- Repeat with a cupping movement, alternating hands.
- Repeat on the other side.

**11. Blissful kitten**

- Full palmer Knead on either side of the spine, moving upwards.

**12. Ironing (Use forearm for this movement)**

- Lay forearm on top of shoulders nearest to the neck.
- Iron to point of shoulder and continue down middle of forearm to elbow with flat of hands. x3 Repeat Effleuarge down the back of the arms X3.
- Vibration using forefinger and middle finger next to the spine.

**ARMS****1. Heel roll**

- Place hands on deltoid muscle, fingers in front, and heels behind.
- Roll heels across muscle to arrive at fingertips taking care not to pinch.
- Repeat in middle of arm and above elbow.
- Repeat twice more.

**2. Digging in**

- Standing on the client's right, grasp shoulder with right hand.
- Cupping top of arm with left hand, work under deltoid muscle into teres major and teres minor muscles with heel of hand.
- Rotate shoulders.
- Reverse and work on left shoulder.

**3. Shoulder lift**

- Grasp both elbows with fingers.
- Lift the arms, as far as the shoulders will allow.
- Drop the arms, maintaining very light finger contact on elbows.
- Repeat twice more, lifting slightly higher each time.

**4. Petrissage**

- Knead the arm
- Wring the arm
- Repeat on the other arm

**5. Effleurage**

- Finish the arms by effleurage down – middle, front, back - x1.

**NECK****1. Effleurage and neck pulling**

- Effleurage the neck both hands together.
- With the supporting hand on the forehead, tilt the head back slightly.
- With the other hand, slide upwards and grasp the top of the neck between thumb and fingers under the occipital ridge
- Pull firmly outwards, using the length of the fingers, into occiput area, middle of neck and base of neck – x3
- Repeat in the middle of the neck.
- Repeat at the base of the neck.
- Now, swop hands and repeat all of the above.

**2. Neck friction/rub**

- Starting with the right side, tilt client's head to the right.
- Using fingertips, friction up neck towards the ear and back. X3 on the right side
- Repeat on the left side, as you now tilt the head to the left. X3 on the left side.

**3. Friction under occiput**

- Supporting the forehead, tilt the head back.
- Friction back and forth under the occipital ridge, using fingertips, starting behind ear and working towards the other ear. X 3

**4. Heel rub**

- Keeping head tilted back, place one hand on the forehead for support.
- Using the side of the other hand, friction rub briskly under the occipital ridge from ear to ear X 3.

**5. Base rub**

- With fingers above ears, fingertips almost touching, tilt head slightly backwards.
- Starting behind ears on mastoid processes, make small, firm, and circular movements with both thumbs together, moving towards spine and back towards the ear.
- Repeat twice more.

**6. Neck stretch**

- Place one hand on the side of the head, above the ear.
- Cup the other hand over the top of the shoulder on the same side.
- Push the head to one side, and the shoulder down, stretching the side of the neck until a slight resistance is felt.
- Repeat twice more, using slightly more pressure each time.
- Effleurage neck with both hands simultaneously x3

**FACE – Use your rolled towel to support the client head****1. Effleurage**

- Effleurage throat, then continue with Effleurage onto the face X 3
- Closed scissors on the chin, open scissors to the ears, fingers under the cheekbones onto the forehead.
- Circular temple friction – static circles
- Lean you upper body forwards and client's head backwards against your chest
- Circle very slowly and firmly 3 times on the temples using the balls of the hands.
- Circle slowly with lighter pressure on cheekbones using the sides of the hands.
- Circle above the eyebrow using the balls of the index fingers.

**2. Pressure points: Count – press 2, 3, 4, 5, 6, slide to the next pressure point – Small pressure rotations. (Repeat 1-3 in sets of 3)**

- Using the pads of the fingers, start in the centre of the chin.
- Corner of mouth, angle of the jaw, edge of the mandible.
- Ring fingers below the nose
- Zygomaticus up to the TMJ joint
- Pressure points – eye socket to the temple where you press firmly and hold.
- Pressure point out the brow and end at temple and hold
- Pressure point out the middle of the forehead and end at the temple and hold
- Pressure point out the hairline and end at the temple and hold

**3. Chin rub**

- With thumbs pointing inwards and downward, pinch chin between thumbs and bent index fingers.
- Squeeze, slide, squeeze, starting in the centre and working outwards toward the ears.

**4. Feathering**

- Feather lightly across the face with fingertips.

**5. Gentle hand placing**

- Place hands over the eyes so that tips of middle fingers meet on bridge of nose.
- Place hands so palms are on temples and fingers lie along forehead. Squeeze.
- Place hands at top of head, fingers meeting. Squeeze, hold and slide upwards, releasing pressure with the upward movement.

**SCALP Remember your 3 lanes****1. Effleurage**

- Combing through, hair, middle, side, side
- Windscreen wipers
- Standing behind client, support head with hand on top of head, to one side.
- Starting behind ear work lightly upwards and downwards in a zigzag, using the ball of a flat hand. Work up and down, finishing on the crown.
- Without stopping, change hands.
- Repeat twice more.

**2. Fingertip friction**

- Following the path of your 3 lanes, use pads of fingers.
- Right hand then repeat with left hand.

**3. Ruffling/hair spoiling**

- Lightly ruffle hair with one hand, resting the other hand on the shoulder.

**4. Soft landing ... Quick take off**

- Using a plucking movement with pads of fingers of both hands, work the head.

**5. Stroking/combing**

- Place the flat of the hand at the hairline and bring it gently towards the back of the head. Alternate hands to create a wave like continuity.

**6. Tabla playing**

- Gently drum on the scalp with fingertips.

**7. Hacking/champi**

- Hack first with alternate hands, followed by champi (2 hands together).
- Focus on the occipital ridge

**8. Hair tugging**

- Starting at the frontal bone, hand over hand, forefinger and middle finger slightly apart, slide and twist.
- Continue all over scalp, avoiding the temporal area.

**9. Scalp massage**

- Using a shampooing movement with fingertips pointing forward – do 10 rotations – right hand – then left hand
- Repeat as you slide your hand to include the back of the head – do 10 rotations

- Change the position of your hands so that fingers meet the middle of the scalp and repeat your 10 rotations. Both hands together.

#### **10. Ear Massage**

- Using your thumb and forefinger massage the lobe of the ear – 10 rotations.
- Repeat on the top of the ear – 10 rotations.

#### **11. Squeeze and lift**

- Place fingers on top of head, heels slightly behind ears, elbows apart.
- Squeezing inwards with medium pressure. Lift, hold, and release gently.
- Repeat with heels of hands above ears.

#### **12. CHARKA BALANCING**

- Place both hands on crown chakra. Visualize the colour white as you breath – hold for 15 seconds
- Place both hands on brow chakra. Visualize the colour purple/indigo as you breath – hold for 15 seconds
- Place both hands on throat chakra. Visualize the colour blue as you breath – hold for 15 seconds
- Place both hands on heart chakra. Visualize the colour pink as you breath – hold for 15 seconds

#### **13. Finishing off**

- Gently stroke the hair with fingertips.
- Rest palms lightly on shoulders and give a squeeze to let the client know that you are finished.

**Wash your hands, give water and feedback, stretches, and follow up appointment, relevant home care advice and healing crisis.**

**Complete your client consultation, including their feedback.**