

Indian Head Massage Course Outline

The Indian Head Massage course is open to anybody who would like to practice traditional Indian Head Massage. The course follows the ITEC Indian Head Massage syllabus.

Topics include:

- Blood supply to the head, neck and shoulder area.
- Bones of the face, neck and shoulders.
- Main nerves of the head and face.
- Muscles of the face, neck and shoulders.
- Lymph supply to the head and neck.
- Structure & function of the skin.
- Different skin types.
- Skin diseases and skin cancers.
- History of Indian Head Massage.
- Body chakras.
- Full Indian Head Massage routine.
- Contraindications to Indian Head Massage treatment.
- Benefits of Indian Head Massage.
- Scalp conditions and related pathology.