

# What is Indian head massage? Everything you need to know...



Indian head massage, as the name indicates, originated from India and is a beautifully traditional practice that is now immensely popular amongst Western cultures.

# What is Indian head massage?

Indian head massage, also known as champissage, is a treatment that focuses on massaging acupressure points along the head, neck, and shoulders, often using circular massage strokes to improve hair and scalp condition.

It originates from an Indian alternative medicine system called [Ayurveda](#), (translated as the 'science of life'), whereby it is believed that the mind and body are intricately connected and thus can influence one another. Through this theory, it is understood that Indian head massage can not only **reduce headaches** and improve **physical well-being**, but it can also improve **mental and emotional wellness too**.

Indian head massage is an ancient therapeutic practice that has been used in India for over 2000 years, (since around 600 B.C.), and requires no oils or equipment, making it a very accessible treatment, perfect for newcomers to massage. It is usually done while seated and through light clothing. *(In the version that I use, the aim is a deep relaxation, therefore I use oils and ask my guests to lay down on the couch)*

*“Almost every mother in the Indian subcontinent has practiced scalp massage, which has become both a customary and integral part of her family life.”*

*Amarjeet Bhamra, president of the Institute of Indian Head Massage*

## The benefits of Indian head massage

There are so many benefits to Indian head massage; here are just a few:

- Promotes hair growth by increasing oxygen in the hair follicles, which stimulates growth and health.
- Prevents headaches and migraines by releasing built-up tension in the head and neck area and relieving muscle stiffness
- Renews and balances energy levels by working with the three higher chakras
- Relieves symptoms of depression and anxiety through relaxation
- Boosts memory capabilities by relieving stress and quieting the mind
- Stimulates lymphatic drainage by circulating blood to the neck area
- Better sleep by reducing stress
- Improves circulation of cerebral spinal fluid

# Interesting IHM facts

- Soothes the sinuses - as well as being great for headaches, Indian head massage is a great way to reduce sinus trouble for when you have a cold. To put a stop to sinus pain, simply massage the pressure points along your cheekbones.
- Refreshes tired eyes - we all spend too much time staring at screens nowadays, and Indian head massage is one way to ease eye strain. Massaging around the eye and into the temples loosens the muscles around your eye sockets and can help them feel rejuvenated and refreshed.
- A part of life across cultures - in countries such as India and Turkey, head massage is commonly incorporated into the barber's service, so if you're ever abroad, consider getting your hair cut at the local salon! In India, head massage is also frequently part of wedding and birth traditions and rituals.