

Itec Indian Head Massage Exam Questions

Indian Head Massage The Art of Indian Head Massage Indian Head Massage Indian Head Massage Indian Head Massage: Discover the power of touch Indian Head Massage Indian Head Massage Indian Head Massage for Teachers and Learners Indian Head Massage Luxurious Long Healthy Hair the Natural Way - Indian Head Massage Teach Yourself Indian Head Massage INDIAN Head Massage Invigorating Indian Head Massage Indian Head Massage Eilean Bentley Mary Atkinson Francesca Gould Adele O'Keefe Narendra Mehta Helen McGuinness Mary Dalgleish Narendra Mehta Tom Delaney Denise Whichello Brown Mary Dalgleish Denise Whichello Brown Eilean Bentley Lynne Hayward Denis Whittle Brown Stephanie Roberts Denise Whichello Brown Jill (presented by) RUSSELL Denise Brown

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this book is an essential resource for anyone training in the art of indian head massage this text contains over 50 photographs commissioned especially to illustrate every massage move making the routine easy to follow self test questions are included for exam preparation and portfolio building in depth coverage of chakras and auras is also included

ebook edition of the hardback bestseller a full colour step by step guide to the techniques and secrets of indian head massage

the new edition of indian head massage covers all the fundamentals of the subject from anatomy and consultation to marketing techniques and stress management the massage technique section has been completely updated and now includes new text and photographs the text is fully compatible with the vtct and itec awards as well as the indian head massage unit of the nvq level 2 beauty therapy standards now published in full colour throughout and including a range of tasks definitions and activities to aid understanding this is an essential text for all students of this popular holistic discipline

provides therapists students and the public with an interesting and accessible introduction to indian head massage

this book is for those who want to learn the moves of indian head massage as well as providing a tool for teachers of the subject indian head massage is a deeply relaxing massage and covers the upper back shoulders scalp ears and face no special equipment is needed just an ordinary chair tom has used the content as his manual for teaching this therapy in the uk and europe since 2003 he is also a reiki master teacher and found this greatly influenced his indian head massage work the book covers the history of indian head massage the benefits precautions to think about step by step guide to the moves chakras for indian head massage as well as line drawings of the main moves

providing an ideal accompaniment to any student s studies this teach yourself series offers information and advice on a range of traditional and alternative therapies

indian head massage can help to ease easing headaches improve circulation in your head face and scalp and reduce stiffness in your neck and shoulders the busy person s guide indian head massage is ideal for busy people as it is structured around the day and includes routines that you can do at home at work or while traveling you will also learn how to perform indian head massage on other people so that you can enrich your relationship with your partner calm restless children and bring good humour to everyone

hair long luxurious and healthy what s a time old secret with ancient aromatherapy recipes the natural way indian head massage will enhance your beauty give you strong healthy hair and stop hair loss these massage techniques can be easily learnt perform them on yourself or a friend i m an indian born teacher of holistic and spiritual therapies and an internationally qualified beauty therapy teacher itec london for over 30 years i have run two successful international colleges in sydney and canberra australia stephanie roberts international beauty training college and stephanie roberts art of beauty training college being of indian heritage i was the recipient of many indian head massages as a child from my dadi paternal grandmother i have her to thank for my luxurious long raven black hair today indian head massage has both physical and psychological benefits it is very effective as it helps soothe and relax the nervous system while relieving joint and muscle stiffness and of course it is a very beneficial treatment for tension head aches and eyestrain also different strokes and pressure are used to stimulate the lymphatic and circulatory system which assist in removal of waste and toxins these are just a few of the therapeutic and health benefits of this technique it s a deep relaxing therapy that re balances the body s energy to produce a sense of peace calm and well being it is believed that three of the main energy centers of the human body are found in the head brow crown and throat indian head massage stimulates these important energy centers chakras which help to maintain the body s balance of energy and a feeling of peace and tranquility follow through the instructions and repeat at least 3 5 times till you become adept at the skill it is a wonderful treatment for balancing mind and body the natural way your life will flow and bring you great peace and contentment if you practice this skill using my essential oil recipes as well as beautiful luxurious healthy hair

indian head massage has become increasingly popular as an accessible therapy it is easy to perform on oneself and others requires no special equipment and is quick to administer now teach yourself indian head massage provides a practical hands on introduction to the therapy suitable for all readers addressing the treatment of others as well as self treatment it examines the origins and benefits of the art of indian head massage as well as preparation atmosphere positions for treatment hand exercises and reactions self help techniques chakra balancing self massage and common ailments that respond to indian head massage

indian head massage works alongside conventional medicine to help ease helath problems as well as promoting a general sense of mental physical and spiritual wellbeing jacket price 9 99

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