

# GIBRALTAR CHRONICLE

COSTA COLUMN

WITH GILLAINÉ HATHAWAY

## Indian head massage comes to the Costa del Sol

Narendra Mehta, well known in London as the man who introduces Londoners to the beneficial effects of the art of India Head Massage, will be visiting the coast from the 12 March. During the time he will have five two day workshops at the Marbella Beauty college on the March 13th and 14th and will give advice and treatment at selected salons along the coast in Malaga, Funegirola, Elviria and Nueva Andalucia on the 12th, 15th, 16th and 17th. His visit has been organised by Christine Shaw an equally well known London name in beauty some two decades ago.



Narendra Mehta

Christine opened her Beauty college in Marbella just over four years ago and just over four years ago and went on to make a name for herself on the Costa del Sol, training many of the coast's beauticians. Ever innovative she has gone on to introduce the latest advances in health and beauty, such as the techniques of Narendra Mehta.

Head Massage is an ancient art that has been practised in India for over a thousand years by women who believe that massaging their heads with natural oils, keeps their long hair in a healthy and lustrous condition. Though blind since the age of one, Narendra who is a qualified osteopath, physical therapist and reflexologist, not only says where they are right, but the techniques are also an invaluable treatment for the stress linked troubles of modern life. Mehta's style of massage dispels tension resulting in a relief of headaches, eye strain and muscle knots. It soothes, comforts and in accordance with most Eastern medicines rebalances energy flow leaving the client with a feeling of peace and tranquillity.