

IN BALANCE

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Get Ahead with Head Massage

Indian Head Massage is guaranteed to lift you out of the hustle and bustle of everyday stressful living. The techniques used are based on the ancient Ayurvedic Healing System. Indian Head massage has been practised in India for over a thousand years. Women who found it originally used it helped to keep their long hair thick, healthy and in beautiful condition. These simple techniques (anyone can learn them!) have been superbly adapted for the 21st century by Narendra Mehta to help counteract the stress which affects everyone today. Champissage is a wonderfully relaxing therapy. It does not require the need to undress or the use of oils.

You can enjoy this very special massage in the office, at home, in the clinic or in fact anywhere there is a chair.

Champissage provides relief from tension headaches, eyestrain, aches and many other stress-related symptoms. It is

excellent for insomnia; helps to encourage hair growth; soothes comforts and re-balances your energy flow. It's wonderful for promoting a deep sense of peace, calm and tranquillity. The, neck and shoulder – all energy centres where tension is most likely to accumulate – are gently, firmly and rhythmically massaged until the pressure begins simply to melt away. A session normally takes 30 minutes.

There's a specially adapted, shorter version for busy office workers. A special word to all those who depend on computers in the office or at home: Champissage is the ideal way to release all tension, strains and frustrations that can build up after hours in front of a screen. In fact, you can depend on Champissage to effectively ease that feeling of pressure which can so easily increase throughout the day. This de-stressing massage, received before an important meeting,

interview or exam, leaves you feeling relaxed yet alert and able to produce your best work without feeling of well-being before any social occasion.

Narendra Mehta is the UK's principal exponent of Indian Head Massage. Totally blind from the age of one, Narendra's sense



of touch is highly sensitive. He created his unique therapy of Champissage, based on the traditional form of Champi (head massage) and his own experience as a practising therapist. Here are a couple of examples of just how effective Champissage can be.

Christine works as a masseuse in a busy health centre. When she first came for the treatment she complained of tense shoulder and neck muscles and a feeling of being constantly below par. She was worried about the quality of her hair and the dry condition of her scalp. Her hairdresser had noticed this too.

After her first treatment, Christine's muscular tension had lessened and she felt as if an enormous load had been lifted from her shoulders. The range of moves surprised her and she was amazed by the sensations she experienced while sitting upright and fully clothed! Narendra also used Ayurvedic Hair Oil to help Christine's dry, listless hair. After her sixth session, about two months later, Christine was happy to report that her energy levels were up and that her shoulders were looser for much longer. Her hairdresser had noticed her hair was much improved and had asked Christine what she was using.

Anthony is a part-time bookseller, who spends more hours than he likes in front of a computer. Being self-employed, he has many responsibilities. Anthony suffered a lot from migraines; his sleep patterns were disrupted, and he often felt distressed and preoccupied. By his third visit, Anthony's migraines had disappeared. After receiving two further sessions of Champissage, he felt he was sleeping much better. To his delight, he realised he was worrying else. After his first session, he'd noticed subtle shifts in his body

awareness, which he felt were partly due to the therapy's energy balancing techniques. Anthony decided to continue receiving Champissage on a regular basis.

Want to find out more? The London Centre of Indian Champissage organises regular three-day training courses in Indian Head Massage in London and abroad and you can receive details by phoning 0207 609 3590. Or visit the Centre's website www.indianchampissage.com

The Centre and treatment facility is at 136 Holloway Road, London N7 8DD.

We have two signed copies of **Indian Head Massage – Discover the Power of Touch** by Narendra Mehta published by Thorsons, available in any good bookshop to give away to In Balance readers.

Just turn to page 96, tick box 13 and we'll enter you in the prize draw. An excellent video on this ancient and very effective technique is also available from the London Centre of Indian Champissage.

In issue 44 out end December Narendra will be writing again and we'll have ***a free treatment to give away – make sure you get your copy ! Or better still subscribe.***