

## Champissage

### (Indian Head Massage)

This past summer I traveled to London, England twice to complete my certification to teach Champissage or, as some of you may know it, Indian Head Massage. Over the past 4 years as a Champissage therapist I have truly enjoyed giving this wonderful therapy to many clients and I expect teaching it to others will be a delight as well. I would like to share with you the details of this therapy and how you might benefit from experiencing and or learning this therapy.

### What is Indian Head Massage?

Indian Head Massage (Champiassage™) includes massage of the shoulders, upper arms, neck, scalp, face, ears and energy balancing. This method is the brainchild of Narendra Mehta. It is based on the traditional form of Champi (head massage) practised in India for over 1,000 years.

It is a wonderfully relaxing therapy. The massage is safe, simple to learn and very effective to give, without the need to undress or use oils. It can provide relief from aches and pains, stress symptoms, insomnia, promote hair growth, soothe, comfort and rebalance your energy flow which gives you a deep sense of peace, calm and tranquility.

### What is the length of the treatment and how is it done?

When I first heard that the therapy was done while sitting in a chair and only took 25 minutes I couldn't imagine how this could possibly be effective. I just expected as many others that I needed to be laying down to relax and the longer the treatment the better the results. Surprisingly enough you won't need to be laying down to embrace and experience the numerous benefits of Champissage and in fact many of my clients have fallen fast asleep half way into the treatment and report feeling fully rejuvenated and balanced at the end of the short session. Since Indian Head Massage is a very mobile treatment I have over the years given numerous treatments in a variety of wonderful settings, one of my favorites was on a mountain top! What I also like about this therapy is that I find that it is appealing to a broad range of age groups (so far I have treated people from age 12 to 83) and I find men enjoy it equally as much as women do.

### What are some of the results people experience during and after a treatment?

The most common expression I hear following a treatment is I feel so relaxed or I feel like I have just meditated. Because this treatment includes balancing of the upper 3 chakras Visuddha, Ajna and Sahasrara, the body's entire energy system is often rebalanced. This rebalancing can give a client a strong sense of well being, helping them to feel very centered and calm. Additionally they will experience some very notable physical benefits; headache relief, improved breathing, clearing of the sinuses, improved vision, relief of neck and shoulder tension and there are many more.

Who can learn this therapy and who are the clients?

There are no pre requisites for taking this therapy, only a desire to bring calm, balance and relaxation to others and all the rest can be taught to you in the 3 day training course. Hairdressers, Caregivers, Moms, Dads, Healers, Teachers and Spa personal are just a few of the many people who can benefit by learning this therapy. Anyone feeling stressed will benefit from having this treatment and when done regularly most report their stresses have begun to minimize.

In England some of the larger corporations have Indian Head Massage Therapists onsite who can provide this service to their employees regularly. They feel that it is a good fit because it is fully mobile, can easily be done in any office setting, clients remain dressed during the treatment, the full treatment takes only 25 minutes and employees report feeling fully refreshed and revitalized immediately after the therapy. Wouldn't it be great if our Canadian corporations could realize the obvious benefits of having such a great therapy readily available to their all of their employees?

To lean more about Traditional Indian Head Massage please visit [www.indianheadmassage.com](http://www.indianheadmassage.com).

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