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# Healing *Hands*

One of the pioneers of Indian head massage in this country is Narendra Mehta, founder of the London Centre of Indian Champissage ([www.indianchampissage.com](http://www.indianchampissage.com)).

Mehta's own story is quite something. Having been totally blind since the age of one, he has developed a highly sensitive power of touch and has more than 25 years of experience in bodywork, studying various hands-on therapies.

In 1978, he went to India to research head massage and subsequently developed his own unique brand of Indian head massage, called Champissage, based on the traditional form of Champi and his own experience as a practicing therapist.

His contribution to the development of Indian head massage in the UK was eventually recognised by none other than the Queen after he was awarded an MBE.

Mehta established the London Centre of Indian Champissage in 1995 and has trained students both in the UK and all over the world. He has also published a highly successful book 'Indian head massage: discover the power of touch', which includes step-by-step instructions for various massage techniques for the upper back, shoulders, upper arm, neck, head and face.



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