

- **Your Healthcare, Nov. 1996**
'Mr. Narendra Mehta, Guru of the British Indian head massage Movement'
- **Harpers, Dec. 1989**
'Indian head massage is guaranteed to lift you out of the hustle and bustle of everyday stress'
- **Elle, April 1990**
'He also works on the body's energy centres, the chakras, to rebalance the body's energy, so helping to promote physical and psychological well-being'
- **Gibraltar Chronicle, March 1990**
'The techniques are an invaluable treatment for the stress-linked troubles of modern life'
- **The Entertainer, March 1993**
'Indian head massage under the expert hands of Narendra Mehta is an experience not to be missed'
- **Daily Mail, March 1995**
'A regular dose of head massage can help cement a relationship'
- **Here's Health, October 1999**
'Indian head massage performed by an expert is fantastic. It seems to lift weight, worries and stress, leaving you feeling free and exhilarated'
- **Daily Mail, August 1999**
'Forget the gin and tonic, giving your partner an Indian head massage - or Champissage - is the most sensual way to ease the tensions of a stressful day and is guaranteed to bring you closer as a couple'