

IF YOU WANT TOGET AHEAD.... GET A HEAD MASSAGE

Indian Head Massage under the expert hand of Narendra Mehta is a experience not to be missed. It is not only relaxing, relieving modern day stress,



Narendra Mehta

but also helps your health by improving scalp circulation, relieving headaches, eyestrain and tones up the subcutaneous muscles. Combine this with a face massage which soothes, comforts and rebalances energy flow and neck and shoulder massage whose many health benefits include the elimination of muscle tension and the stimulation of circulation-and you emerge some twenty minutes later with a fabulous feeling of physical well being.

It is a feeling, which I can only describe as akin to a session of relaxation induced by hypnosis or one of those all too rare

sensation that the world is a wonderful place. But as Narendra Mehta told me, journalists are some of the worse affected by modern day stress. 'Meeting deadlines makes you half dead'.

Blind since birth Narendra Mehta has evolved his technique from the ancient art of head massage originally practised in India for over a thousand years and from his knowledge as Physical Therapist and Osteopath, that from the neck up the human body has been ignored in modern times. He took time off to spend several months in India to seek out the technique of head massage and to then combine it with the face, neck and shoulder massage which has now made his method one of the most talked about heal and beauty subjects in London.

Narendra's teaching courses attract massage therapists, Reflexologists, aromatherapists and counsellors who then use it as part of their therapy. More recently it has caught the attention of the hair dressing world and the skill of scalp massage is now being brought back into the Hair Salons as groups such a Vidal Sasson send there staff to learn the Mehta Method.

Though it can be practised anywhere whether at work or play. as it involves no removal

hair, albeit delightfully, so what better place than the extra ten minutes prior to the shampoo and blow. That extra ten minutes of massage has the effect of nourishing the hair roots and preventing excessive hair loss. For this reason men too benefit from the treatment as well as fro the relation which the massage bring.

Naturally Narendra Mehta was not just on the Costa del Sol to practice his art on me. He came at the instigation of beauty specialist Christine Shaw and spent a busy week giving training courses at her Marbella Beauty College and visiting selected beauty spots along the coast to work first hand amongst technicians and clients. The impact has been as impressive as in London, so much so that he will back in June to give further training course. Whether you a professional or a pair who want to learn to cope with modern living, weekend intensive courses enable you to practise heard immediately and on one another. 'By working with each other, doing it and receiving it' Narendra explained 'you learn to help each other and are well on the road to passing on the healing which everyone has in their hands and which needs to be brought out.'

Gillaine Hathaway