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Indian Head Massage - Champissage

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Indian Face Massage

Most of us long to make the most of our natural assets. We strive to look good and, in everyone's life, there comes a certain moment when we recognise that youth is not ours forever.

Face Lift Massage

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Indian Head Massage - Champissage

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By Narendra Mehta

Indian Head Massage can help 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. It was originally used by women who found it helped to keep their long hair thick, healthy and in beautiful condition.

Champissage uses simple techniques that can be learned through an appropriate course. It 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 a number of ailments including:
- Tension headaches
- Eyestrain
- Aches and pains in the neck and shoulder area
- Insomnia
- Many other stress and work related symptoms

Those who depend on computers in the office or at home, may find that Champissage is the ideal way to release all tension, strains and frustrations that can build up after hours in front of a screen.

- Champissage brings with it other benefits:
- Encourages hair growth
- Soothes and Comforts
- Re-balances your energy flow
- Promotes a deep sense of peace, calm and tranquillity

During a session of Champissage the head, neck and shoulders - all energy centres where tension is most likely to accumulate - are gently, firmly and rhythmically massaged until the pressure begins simply to melt away. 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 tense or tired. It is superb for imparting a feeling of well-being before any social occasion.

A session normally takes between 20 and 30 minutes. There is a specially adapted, shorter version for busy office workers.

Author: Narendra Mehta

Narendra Mehta is the author of 'Indian Head Massage' published by Thorsons. Narendra Mehta practises from The London Centre, a leading training organisation in Indian Head Massage, that provides treatment and training courses leading to a Diploma in this wonderful therapy.

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By Kundan Mehta

Most of us long to make the most of our natural assets. We strive to look good and, in everyone's life, there comes a certain moment when we recognise that youth is not ours forever. This is when a visit to a Facial Rejuvenation therapist qualified in Indian Face Massage can be timely and beneficial.

A precise healthcare modality, Indian Face Massage successfully combines ancient theory with a modern approach to looking and feeling your best, whatever your age. As we learn to nurture and balance ourselves in our inner and outer lives, the changes we make are reflected in our features. By using the simple, natural and effective massage and energy balancing techniques of Indian Face Massage, you can discover a new and exciting way to take care of the assets you possess.

This totally natural, non-invasive treatment, which usually takes an hour, can help reverse many of the adverse effects that have already occurred to your skin and helps leave you feeling beautifully at peace with the world. After sixty minutes of being cared for and healed by your Indian Face Massage therapist, a renewed sense of tranquillity can be reflected in your features as you look at yourself in the mirror or others look at you. Expression lines can be eased or disappear, and your complexion can look fresher and more toned than it has for years.

Indian Face Massage can relieve tension in areas you had no idea were tense. During a Indian Face Massage treatment, over ninety face and neck muscles are systematically massaged while many acupressure points are activated. The massage helps free constrictions in the connective tissues and aids restoration of Micro-circulation and elimination. After just one treatment, your skin can glide more smoothly over the deeper layers of facial muscle and bone. Your face can feel and look more alive and rested. Given the optimum conditions to restore a sense of balance, the body's innate healing energy can work unhindered.

So, is beauty more than skin deep? An answer to feeling more comfortable in your skin, no matter how old or young you feel, lies in the capable hands of a Facial Rejuvenation therapist trained in Indian Face Massage. Therapists could enhance their practice by training in this new therapy.

Author: Kundan Mehta

Kundan Mehta is co-author of "The Art of Indian Face Massage" (published by Element) which she co-wrote with her partner, the distinguished creator, practitioner and teacher of Indian Champissage, Narendra Mehta. By combining her extensive experience of beauty therapy and the energy balancing principles of Ayurvedic medicine, Kundan Mehta gradually developed her technique, of Indian Face Massage for Facial Rejuvenation, a massage which works to de-stress and support the facial muscles. Kundan offers treatments and training courses at the London Centre of Indian Champissage.

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Face Lift Massage

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Many of us long to make the most of our natural assets. There are occasions when we actively strive to look good. Yet in everyone's life there comes a time when we recognise that youth is not ours forever. This is when a visit to a facial rejuvenation therapist qualified in Natural Face Lift Massage can be timely and beneficial.

A precise healthcare modality, Natural Face Lift Massage successfully combines ancient theory with a practical, modern approach to looking and feeling your best --- whatever your age. As we learn to nurture and balance our inner and outer lives, the changes we make are reflected in our features. With the deceptively simple massage and energy balancing techniques of the Natural Face Lift Massage, you can discover a new and exciting way to take care of the assets you possess.

This totally natural, non-invasive treatment can help reverse some of the adverse effects that have already occurred to your skin. As your face is soothed into calmness, your features can visibly relax. The result? You feel beautifully at peace with the world.

Treatments and training courses don't only occur in some of the world's biggest cities. You can also find them as far afield as Derby and Devon, Cardiff and California, the Niagara Falls and North London to train groups in this wonderful method of facial rejuvenation.

While fifteen minutes can seem pleasurable long when you're in the skilled and caring hands of a Natural Face Lift Massage professional, the normal length of a session is one hour. After sixty minutes of being cared for and healed by your Natural Face Lift Massage therapist, a renewed sense of tranquillity is often reflected in your features as you look at yourself in the mirror. Expression lines can be eased and your complexion can look fresher and more toned than it has for years. Not only this --- compliments from others confirm that what you're experiencing is not a figment of your imagination but tangible proof that you're feeling more relaxed and vibrant than you have for a long time.

It's important to remember this wonderful massage is not a 'quick fix.' The effects are cumulative. When a client decides to have regular treatments, it's a commitment to looking and feeling one's best and to patiently watching the benefits intensify. A course of treatments can be anything from five to ten weekly sessions but there are no hard and fast rules and each person is individually assessed, taking into account factors such as skin condition, overall health and lifestyle before a treatment plan is drawn up. As with all responsible healthcare modalities, there are contraindications or reasons why for some people the massage may not be appropriate, though it's fair to say that most people can readily enjoy the risk-free benefits of facial rejuvenation. Once the intensive part of the treatment process is over, clients can come once a month or every six weeks to maintain the benefits. Again, this is a matter for discussion between the client and the therapist. It's definitely not a high maintenance system and that fact pleases people who lead busy lives and are careful about how they spend their money.

You will work with the therapist and the therapist works with you. How does it work exactly? Your therapist may point out some of the changes your body can undergo while you're lying still and becoming more and more deeply relaxed. You are welcome to ask for the 'before and after' test during your first treatment. The results could convince you that the Natural Face Lift Massage is a serious alternative to other forms of cosmetic surgery. If you're serious about looking your best, you may welcome the suggestions your therapist may make about increased water intake or trying out some simple, timesaving face exercises at home. When you combine the massage with some lifestyle choices and a simple exercise routine, you'll likely be well on the way to keeping your looks while maintaining your health in optimum condition.

The Natural Face Lift Massage can relieve tension in areas you had no idea were tense. During a treatment, over ninety face and neck muscles are systematically massaged while acupressure points are activated. The massage helps free constrictions in the connective tissues and aids restoration of microcirculation. After just one treatment, your skin can glide more smoothly over the deeper layers of facial muscle and bone. Your face can feel and look more alive and rested. Given the optimum conditions to restore a sense of balance, the body's innate healing energy can work unhindered. Circular moves, unusual smoothing techniques, delicate and precise procedures that leave the facial skin plumped up are applied to every part of the face. Your skin feels alive, rejuvenated and somehow smoother. This begs the question: is beauty more than skin deep? It seems that one answer to feeling beautifully comfortable in your skin, no matter how old or young you are, lies in the capable hands of a facial rejuvenation therapist trained in Natural Face Lift Massage.

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Kundan Mehta is co-author of "The Art of Indian Face Massage" (published by Element) which she co-wrote with her partner, the distinguished creator, practitioner and teacher of Indian Champissage, Narendra Mehta. By combining her extensive experience of beauty therapy and the energy balancing principles of Ayurvedic medicine, Kundan Mehta gradually developed her technique, of Indian Face Massage for Facial Rejuvenation, a massage which works to de-stress and support the facial muscles. Kundan offers treatments and training courses at the London Centre of Indian Champissage.

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