

The aim of this 2,500 year old technique is to release the stress that has accumulated in the tissues, muscles and joints of the head, face and neck and shoulders. Indian Head massage is especially good for relieving stress, tension, fatigue and headaches.

The Indian Head Massage experience is deeply calming and relaxing, leaving you with a feeling of being energised and revitalised. Some of the other benefits a **Good For You** ten minute massage experience can offer are:

- Helps improve concentration levels by relieving fatigue and boosting energy levels.
- Relieves muscle aches from standing or sitting in the same position for too long.
- Onsite massage helps to increase the overall sense of well being.
- Relieves built up tension and stress in the shoulders.

Each massage is delivered by a member of staff who has been specially selected for their outgoing and positive approach, quality massage skills and commitment to delivering excellent customer service. All of our people are fully trained and certified in Indian Head Massage and covered by Public Liability Insurance with the Federation of Holistic Therapists (FHT).