

## INDIAN HEAD MASSAGE



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## **Indian Head massage (or Champissage)**

Indian head massage is a type of massage that is based on the Indian ayurvedic healing system and it involves the manipulation of the scalp, head, face, neck, shoulders and upper arms.

### **History of Indian head massage**

Indian head massage or champissage (from the Indian champi, meaning head massage) originated in India over 1,000 years ago. In India champissage is practised between members of the same family, as a way of bonding, especially by women who massage each other's hair with oil. Indian head massage is also used during particular rituals, such as marriages and births and by barbers in India, who add a scalp massage to their services.



**Ayurvedic head  
massage**

Indian head massage was introduced to the west, in the UK, by Narendra Metha in the 1970s. Narendra Metha came to England in the 70s to train as a physical therapist and was surprised to find out that no therapy in the west included the massage of the head. Therefore, Narendra Metha went back to India and studied this ancient form of massage. He then improved it by extending the massage not only to hair and scalp, but also to neck, face, shoulders and upper arms. Narendra Metha also introduced an ayurvedic element to Indian head massage, to include work on the three higher charkas, thus helping to rebalance the whole body through head massage.

### **How Indian head massage is done**

During an Indian head massage session, the person who is being massaged sits fully clothed on a massage chair. The use of oils is not necessary, although they can be used if the person being massaged requires it. The therapist then proceeds to massage the neck, shoulders and scalp with deep kneading and compression movements. Also, the practitioner stimulates and strokes pressure points on the face. An Indian head massage or champissage session usually lasts between 20 and 45 minutes.

### **What Indian head massage is good for**

Indian head massage is very good for releasing psychological stress and tension in the muscles; getting rid of toxins accumulated in the body's tissues; improve mobility and flexibility in the neck and shoulders; improve blood circulation and lymphatic flow; help fight insomnia, headaches, migraines, sinusitis and give relief to strained eyes.

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