

## Indian Head Massage Course. 14 Hours

You can gain CPE points and Professional Liability Insurance

### Materials provided:

- Professional produced and directed Indian Head Instructional Video/DVD- 1 hour of Instruction by Kaye Dixon
- Video companion E notes
- E Manual *Theory and Principles of Ayurveda Indian Head Massage*:  
Covering the following topics :  
Equipment needed,  
History of Indian Head massage  
Written material and aids for memory recall for doing all of the 60 moves on shoulders, neck, face and scalp.  
Contra indications for Indian head massage.  
Client confidentiality form.  
Benefits of Indian Head Massage.  
Ayurveda principles and philosophy.  
How to determine client's Dosha and treatment variations.  
What base and essential oils to use on scalp and their therapeutic value.  
Properties and medicinal uses of essential  
Different timings of massage.  
Marma points .
- E Manual with Client Feedback Forms ,Practice Log and Questions to answer from readings in theory manual

### Course Structure and Syllabus for 14 Approved Hours :

You have 2 years in which to complete.

- DVD watching and learning = 7 hours
- Study written materials, and answer questions = 4 hours
- Practice on 3 recipients= 3 hours  
-1x 1/2hour, 1 x 45 mins, 1 x 1hour .

Fill out Log video sessions and client logged sessions and return questions answered to receive Certificate of Attainment for Indian Head Massage.

## What this course will teach you

- A massage where client remains fully clothed and in seated position
- A Massage that can be 15minutes to 1hour long
- Over 60 movements on the shoulders, neck, scalp and face
- General massage and stretching techniques
- Lymphatic drainage
- Acupressure points
- Energy balancing
- Oil Blends for hair and Scalp.
- Ayurveda properties and therapeutic value of vegetable oils
- Essential oils and their therapeutic and healing qualities
- Marma Points
- Ayurveda principles and philosophy
- Ayurveda Doshas and questionnaire
- Gemstone Therapy for Indian head massage
- Please go to [www.kdmassagecourses.com.au](http://www.kdmassagecourses.com.au) to see video promo

## A massage with many therapeutic benefits:

- Relax nervous system
- Relieve joint and muscle stiffness
- Helps tension headaches and eyestrain
- Stimulate circulatory and lymphatic system
- Helps general stress and tension
- A beauty treatment for face and hair
- Oil blend for relaxation, stimulation and improve condition of hair.

## Who this course is for

- Lay person wanting to treat friends and relatives.
- Professional Massage Therapist wanting to learn further techniques.
- Beauty Therapist and Hairdressers wanting to learn new techniques.
- People wanting CPE points and wanting to gain professional liability insurance
- People wanting to include Indian head in business as extra healing modality to generate more clients and income.

## Approved Certification

- Can join IICT massage association- [www.iict.com.au](http://www.iict.com.au)- and get Professional liability insurance.

- Approved for CPE points with Massage associations.
- Can add as approved modality to existing insurance.

### **Contact and Support**

Please ring or email if you have questions. I'm here to answer them.

[kaye@kdmassagecourses.com.au](mailto:kaye@kdmassagecourses.com.au) ph 0407645764. Assistance is provided by phone or email if you have questions while doing your home study course.