



48 hours notice of cancellation is required,
or the full fee is payable.

Independent Therapy Solutions exists
to provide a range of high quality interventions
to people experiencing emotional,
psychological or behavioural difficulties
to facilitate change and well being. Releasing the unique potential of the
individual through non-judgemental, self-empowering support.

its INDIAN HEAD & SWEDISH MASSAGE



Independent Therapy Solutions Limited
Registered in England
No. 5323245
email: info@itstherapy.co.uk
9 Manor Street, Braintree Essex CM7 3HW
Tel 01376 342446/332065
www.itstherapy.co.uk

INDIAN HEAD MASSAGE

An energetic stress-busting therapy which works on the muscular tissues of the neck, shoulders, scalp and face to relax or stimulate the body and help it maintain harmony. It provides relief for mental as well as physical stress. It involves working with a firm and gentle rhythm to help un-knot blockages and relief of built-up tension and on an emotional level it calms the spirit, promoting relaxation and relieving stress.

It is useful for headaches, sinusitis, joint tension, migraine, eye strain, improved concentration and muscle tension in the neck and shoulders.

Benefits to the individual:

- stimulates and improves scalp circulation which in turn helps with strength and growth of hair
- removes tension from the jaw and smoothes out face muscles
- relieves muscular tension and stimulates blood circulation
- stretches and mobilizes the tissues of the neck and shoulders
- rebalances vital energy flow, instilling a sense of peace and tranquillity.

The sense of utter well-being that follows a treatment with head massage has to be experienced to be fully understood. We live in stressful time and head massage is one of the ways of alleviating tension and achieving a relaxed, calm frame of mind. On the other hand - a stimulating head massage helps to clarify the mind and enables one to concentrate without tension.

It requires little space as it is done sitting up and can be carried out anywhere as it does not require the removal of clothes.

Remember prevention is better than cure. Once you show signs of improvement we will continue to work with you to keep harmony and balance already achieved.

A regular treatment, depending on your timetable, will stop future stress accumulating.

We encourage you to have regular treatments to prevent illness and maintain a state of well being.

SWEDISH MASSAGE

Swedish massage is the most commonly offered and best known type of massage.

It was developed by a Swedish physiologist, Henri Peter Ling at the University of Stockholm in 1812.

It is the manipulation of soft tissue for therapeutic purposes. Swedish massage is available as a full body massage, as a back massage, or as a back neck and shoulder massage.

It uses a firm but gentle pressure to improve the circulation, ease muscle aches and tension, improve flexibility and create relaxation.

Swedish massage employs five different movements:

- long, gliding strokes
- kneading of individual muscles
- friction
- hacking or tapping
- vibration

The therapist generally uses massage oil, talc, or cream to facilitate making long, smooth strokes over the body. Swedish massage is done with the person covered by a towels, a technique called "draping".

One part of the body uncovered, massaged, and then covered up before moving on to another part of the body.

Swedish massage is the foundation for other types of Western massage, including sports, deep tissue and aromatherapy.

There are so many more benefits of massage and if you've never had a massage before, now is definitely the time to get one which ever one you choose.