

Wellbeing: Introduction to Indian Head Massage

Course overview

Indian Head Massage is an amazingly effective treatment which is performed with the receiver seated. The giver can be seated slightly higher behind the receiver or standing. There is no need to remove any clothing so the massage can be done in any setting. On this short course you will learn techniques for massaging the high tension areas of shoulders and scalp. You may want to enrol with your preferred partner so that you can learn how to massage each other.

What will I study?

You will:

- Hear a very brief history Indian Head Massage
- Identify when not to massage
- Give and receive massage techniques for the upper back, shoulders and scalp

Assessment method

- Self Assessment and evaluation and peer feedback
- Your tutor will observe you and give you verbal feedback throughout the course
- You will take part in Q&A session to confirm your understanding. You will also have the opportunity to self-assess and reflect.

Entry requirements

This course is open to all. You will need a solid understanding of English.

What should I bring with me?

You will need to provide your chosen method of note-taking such as notepad & pen or tablet. You may also wish to bring a towel or small cushion to provide some support whilst you are receiving.

Key information

You will need to give and receive massage from someone in the class that you choose to pair with.

Possible next steps

Following the successful completion of this course, you will be supported to enrol on to other wellbeing or enrichment courses or signposted to another course suitable for you.

Contact us

Our friendly staff can give you further advice and support.



email: adultcollegeenquiries@lbbd.gov.uk



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