



Are you feeling stressed, anxious, or simply in need of some relaxation?
Discover the ancient healing practice of Ayurvedic head massage and transform your
well-being!

What Is Ayurveda?

Ayurveda means "knowledge of life" and is an ancient system of science and wisdom originating from India, practiced continuously there for over 5,000 years. Ayurveda comes from the Vedas, the same source as Yoga, its sister science. Together they offer a path to fulfillment and liberation.

Ayurveda offers a unique perspective on humans, viewing individuals—mind, body, and spirit—as created from the same elements as nature, emphasizing the interconnectedness of all aspects of life. Aligning our unique nature with Nature is beneficial for a long life of vigor and vitality.

In North America, Ayurveda has mainly been practiced day-to-day with appropriate diet and right lifestyle practices. Some practices done routinely are yoga postures, breath awareness and control, concentration and meditation and are (or can be) tailored to each unique individual. Additionally, specialized treatments are done on occasion and are designed to further support optimal health physical, mental, and spiritual, helping each person achieve a state of harmony and balance in their lives.

There is also a whole and complete medical side of Ayurveda, which is still widely practiced in the East including the operation of Ayurvedic hospitals. However, nowadays, more and more Ayurvedic doctors can be found in the West as Ayurveda's value becomes more widely known and appreciated.

What Is Ayurvedic Head Massage?

Ayurvedic head massage is a time-honored tradition from India, rooted in the principles of

Ayurveda. During the massage, the practitioner applies gentle pressure and massage techniques to special points, located on the scalp, face, neck, and shoulders.

By stimulating these special points, the massage helps release blocked energy, improve circulation, and promote the flow of prana (life force energy) throughout the body. This can lead to a range of benefits, including reduced stress and tension, improved mental clarity, enhanced relaxation, and overall well-being.

Benefits of an Ayurvedic Head Massage:

- **Improve Circulation:** Boost blood flow to your brain and body, enhancing oxygen delivery and energy production.
- **Relieve Stress:** Release endorphins, the body's natural painkillers, to reduce anxiety and promote relaxation.
- **Stimulate the Central Nervous System:** Enhance memory and concentration while relieving tension.
- **Ease Muscle Tension:** Loosen tight neck and shoulder muscles, providing relief from headaches and migraines.
- **Boost Immunity:** Stimulate your lymphatic system and sinuses, helping your body fight off infections.
- **Promote Hair Growth:** Increase blood flow to your scalp, nourishing hair follicles for stronger, shinier hair.

Ayurvedic Head Massage

What to Expect

When getting an Ayurvedic head massage, you can expect a deeply relaxing and rejuvenating experience. This ancient healing practice involves the gentle pressure, and massaging of specific parts of the shoulders, neck, ears, scalp and face with warm oil. The massage is designed to relieve tension and stress, improve circulation, stimulate the senses, and promote relaxation.

During the massage, the practitioner will use warm oil to massage your shoulders, neck, ears, scalp and face, focusing on areas that hold tension. The massage techniques aim to increase blood flow to the brain, which helps improve circulation and oxygen delivery to your cells. This can lead to enhanced energy production and overall well-being. You can also expect the massage to release endorphins, the body's natural painkillers, which help reduce anxiety and promote relaxation. This can be particularly beneficial if you are dealing with stress, headaches, or insomnia. Additionally, the massage stimulates the central nervous system, which can improve memory function and concentration levels. It also helps loosen tight muscles in the neck and shoulders, providing relief from headaches and migraines.

Overall, an Ayurvedic head massage is a holistic approach to nurturing both the body and mind, offering numerous benefits for your physical, mental, and spiritual well-being.

How to Prepare Before Treatment

Preparing for an Ayurvedic head massage can enhance your overall experience and ensure you get the most benefits from the session. The treatment is 60 minutes in length. During the treatment, the practitioner will focus on providing a deeply relaxing and rejuvenating experience. The end of the appointment will include time for relaxation, and tea or water. Here are some tips to help you prepare:

- **Prior to Appointment:** An Intake Form, and Information Sheet will be sent to you. Should you have any questions, concerns or issues, please reach out prior to the appointment to discuss with the practitioner, via email [www.sahajawellness.ca]
- **Choose Comfortable Clothing:** It is best to wear loose, comfortable warm clothing (sweatpants, leggings etc.) that provides easy access to your neck and shoulders. It is best to also wear socks and a toque on cold/windy days to avoid having the body cooling down too quickly afterward. Please be advised that oil is used in the massage and may get onto your clothing.
- **Arrive “fresh faced”, preferably without makeup:** A gentle face cleansing will be performed prior to the massage.

- **Remove Glasses and Jewelry:** Take off glasses and any jewelry, such as necklaces and earrings, to avoid any discomfort during the massage.
- **Avoid Heavy Meals:** Try to avoid eating a heavy meal at least an hour before your massage. A light snack is fine, but a full stomach might make you feel uncomfortable during the session.
- **Hydrate:** Drink plenty of warm or room temperature water before your massage to stay hydrated. This can help flush out toxins and improve circulation.

By following these simple steps, you can ensure a more enjoyable and beneficial Ayurvedic head massage experience.

Treatment

- **Brief Consultation:** The practitioner will start with a brief consultation. Let your practitioner know about any specific areas of tension or discomfort you have at this time. This will help them tailor the massage to your needs.
- **Get Comfortable:** The table is prepared prior to your arrival. Once the practitioner has left the room you can remove the clothing from your upper body, lie comfortably under the blankets, face up on the massage table. The practitioner will return once you are ready. Blankets are provided to cover your upper body, up to and under your armpit. Your chest and below remains covered for the entire treatment. If something is uncomfortable, please notify the practitioner.
- **Oil Preparation:** The practitioner will begin by preparing a special blend of appropriate warm oils, which is often infused with herbs to enhance its therapeutic properties.
- **Face Cleansing:** The start of treatment begins with a gentle face cleansing with a simple cleanser.
- **Grounding Breath Practice:** A grounding breath practice will be led to aid in your relaxation.
- **Sequence and Application of Oil:** Ayurvedic head massage techniques involve several steps to ensure a deeply relaxing and rejuvenating experience. Here is a general outline of the process: The practitioner will gently apply the warm oil to your upper body, generally beginning with the heart space, and pectoral area, excluding breasts, then shoulders and neck, ensuring it is evenly distributed. This step helps to nourish the body while preparing the skin for the massage. The sequence continues moving from the chest, neck, shoulders, to the head, ears and face, finishing with the application of oil to the spinal area of the back, while you are in a side lying position.
- **A Warm Towel:** To remove any excess oil a warm towel or cloth will be used on the face, ears, neck and shoulders.
- **Final Relaxation:** After the massage, you will be given some time to rest and relax, allowing your body to fully absorb the benefits of the treatment. The practitioner may offer additional advice on how to maintain the effects of the massage and support your overall health.

After Treatment

After an Ayurvedic head massage, it's important to take certain steps to maximize the benefits and ensure your body continues to feel relaxed and rejuvenated. By following these

steps, you can ensure that you get the most out of your Ayurvedic head massage and continue to feel its positive effects. Here are some tips on what to do after your massage:

- **Rest and Relax:** Give yourself some time to rest and relax after the massage. This allows your body to fully absorb the benefits of the treatment and helps you maintain the sense of calm and relaxation.
- **Stay Hydrated:** Drink plenty of warm water to help flush out toxins that may have been released during the massage. Staying hydrated also aids in maintaining good circulation and overall well-being.
- **Avoid Heavy Meals:** Try to avoid eating a heavy meal immediately after the massage. Choose light, nutritious foods that are easy to digest.
- **Keep Warm:** Keep yourself warm and comfortable after the massage. This helps your muscles stay relaxed and prevents any tension from returning. If it is cold and or windy outside, it is ideal to wear a hat to cover your ears and head.
- **Avoid Strenuous Activities:** Avoid engaging in strenuous activities or exercise immediately after the massage. Give your body time to rest and recover.
- **Take a Warm Bath:** Consider taking a warm bath with Epsom salts to further relax your muscles and enhance the benefits of the massage.
- **Practice Mindful Breathing:** Practice mindful breathing to maintain a sense of calm and relaxation.

Disclaimer

Do not disregard medical advice or delay in seeking it because of product, service, materials or information, provided by or through Sahaja Wellness. Always consult with a licenced healthcare practitioner before altering or discontinuing any medication, treatment or care, or starting any diet, exercise or supplementation program or if you have suspect you may have a health condition that requires medical attention.

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