



Champissage Indian Head Massage

How does Indian head massage relate to stress relief?

To manage stress relief effectively, you must first be able to recognise the signs and symptoms of stress. Being under stress may manifest itself in many different forms. It is important to recognise the effects of it before you can begin to alleviate and manage the symptoms.

Stress is the “wear and tear” our bodies experience as we adjust to our continually changing environment; it has physical and emotional effects on us and can create positive or negative feelings. As a positive influence, stress can help compel us to action; it can result in a new awareness and an exciting new perspective. As a negative influence, it can result in feelings of distrust, rejection, anger and depression, which in turn can lead to health problems such as headaches, upset stomach, indigestion, rashes, insomnia, ulcers, high blood pressure, heart disease, and even stroke. The death of a loved one, the birth of a child, a job change, or a new relationship, we experience stress as we re-adjust our lives.

Triggers and symptoms of stress and how we can recognise them;

- Feelings of despair
- Feeling vulnerable
- Crying easily
- Feelings of helplessness
- Low-self esteem
- Getting things out of proportion
- Feeling over whelmed
- Mood swings
- Anxiety and panic attacks
- Constant tiredness
- Insomnia
- Loss of appetite
- Excess sweating
- Low sex drive
- Impotence
- Irregular menstruation
- PMT
- Mood swings
- Irritability
- Asthma
- Muscular tension
- High blood pressure
- Ulcers
- Constipation
- Diarrhoea
- Hair loss
- Poor skin condition
- Poor hair condition
- Loneliness
- Feeling insecure
- Over-worked
- Unrealistic targets
- Confusion
- Forgetfulness
- Nightmares
- Hypochondria
- Phobias
- High blood pressure
- Anger
- Allergies and food intolerances
- Nausea
- Dependence on alcohol/drugs
- Cancer
- Breathlessness
- Heart disease
- Stroke

It is not possible to eliminate stress from our lives, only to recognise the things that cause us to become stressed, to minimize our reaction to them and to find a suitable stress management program.

Identifying unrelieved stress and being aware of its effect on our bodies and lives is not sufficient for reducing its harmful effects.

There are many sources of stress and many possibilities for its management. So it is vital to find a method of relaxation that is effective enough to ease the physical, and emotional effects of stress symptoms.

Indian Champissage Head Massage is an excellent stress management tool as it is able to reach and be effective on all levels; physical, emotional and subtle. It can assist in the prevention of stress build up and/ or at the point of 'burnout'. Ref; Maslach and Jackson 1984 have identified three main dimensions of the burnout syndrome. People experiencing burnout report emotional exhaustion, a persistent fatigue and a state of low motivation. Also, burnout is associated with feelings of lack of personal accomplishment, or powerlessness. Regular Indian Head Massage can assist in helping to keep stress levels down and when done on this basis it is particularly effective as part of a stress management program. Indian Head Massage is a great treatment for helping you to find a good sense of balance and equilibrium.

Indian Head Massage is a wonderful way to relax and de-stress the body, mind and spirit. Relaxing the mind and body together enables the self-healing mechanisms to work to maximum efficiency. Detoxing frees more energy for the cellular repair and regeneration. Skin becomes clearer, recipients feel more alive, mind and body feel more in tune and energised. It is important to work intuitively, with love and care and a desire for the well-being of others. Contact and touch plays an important part in this treatment as a whole, it can make us feel nurtured and cared for. It plays an invaluable role in our ability to relax, let go and begin to heal. Through the touch of Indian Head Massage we develop a sense of being valued and of being valuable, which is an important building block for our self-esteem.

It is possible to achieve a state of homeostasis, (feeling of wholeness and oneness), through Indian Head Massage. From the first treatment benefits will begin to take effect, which will include;

- General and specific state of relaxation
- Increase in oxygen uptake to muscle tissue
- Improved circulation of blood including the extra oxygen for the brain
- Relief from tension headaches, eyestrain and disturbed sleep
- Knots and nodules in the muscle tissues dispersed
- Dispersion of toxins built up in the body
- Balance of life energy boosting energy on all levels
- Release of stagnant energy
- Clearer thinking
- Dissipation of mental tiredness
- A reduction of restlessness, edginess, depression and stress.

We all need a level of self awareness and understanding towards ourselves. We must realize how important it is to look after and manage our excessive stress levels, to avoid being consumed by it. Good stress management is vital to our self-preservation. Indian Head Massage is a sure method for the effective relief of stress and its symptoms. Regular Head Massage also makes it an achievable target to maintain low levels of stress symptoms when built into a stress management program. It works on all levels making it a complete recipe for success.