



Massage - Indian Head & Face

Release the tension in your face and head and feel the sense of wellbeing that follows.

Course Code: UXPKAH03

Start Date: Sat 17 October 2020

Weeks: 1

Time: 10:00 - 16:00

Fee: £45 *

Overview

Tension held in the neck and shoulders is well documented but less well recognised is the tension that can be held around the head and face which can lead to headaches, tightness around the scalp and eyestrain. Indian head and face massage can help alleviate headaches, migraines and sinus congestion. It helps with stress and depression and releases feel-good hormones. You will work with other members of the group.

Equipment Info

Please wear loose comfortable clothing and flat footwear.

* Fee remission available on this course