

[Learn why people trust wikiHow](#)

How to Do an Indian Head Massage

Co-authored by [Will Fuller](#)

Updated: February 5, 2020

The Indian head massage, also known by the portmanteau "champi" (*champi*—the Indian word for massage in many dialects + *massage*), is based on the ancient Ayurvedic form of healing that dates back almost 4,000 years. It works the upper three chakras: vishuddha, ajna, and sahasrara, ^[1] and can be used for physical harmony, for healing, for vitality, and for good, old-fashioned relaxation. No wonder it's becoming so popular in the west! For instructions on how to perform the Indian head massage, read this article.

Part 1 of 3:

Preparations and Starting Off

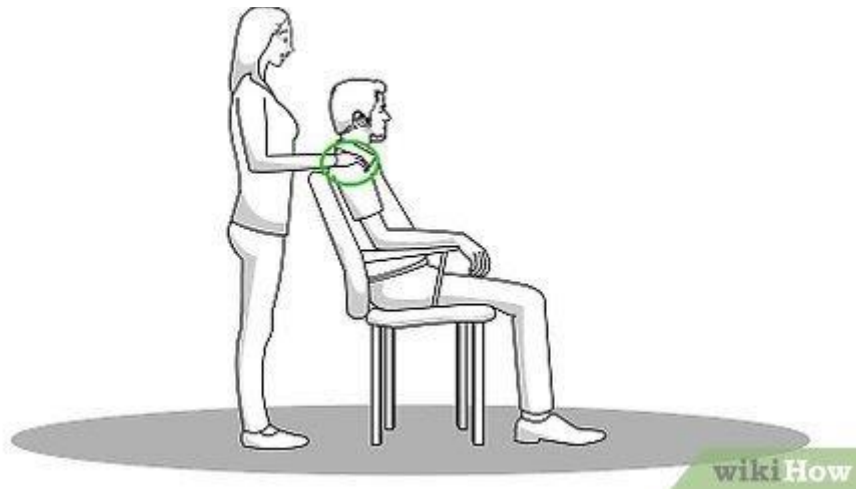


1.

1

Make preparations. Find a quiet place away from any distractions. Make sure the room is a comfortable temperature.

- Put on some soft music
- Light some candles to prepare the room.



2.

2

Have the recipient take a seat and get comfortable. Explain what you will be doing, and tell them to notify you of any discomfort or pain. Stand behind, placing your hands lightly on their shoulders as you both [take several deep breaths](#).

3.

3

Massage the shoulders. Begin easing away fatigue and tensions with an upper back, shoulders, arms, and neck massage. Squeeze the trapezius muscle (at the base of the neck) gently, starting close to the neck. Work your way outward to the shoulder. Repeat this three times, allowing the pressure to increase with each pass.

4.

4

Work in towards the spine. Bring your hands back up next to the neck with the thumbs extended, and make small circles with the thumbs on either side of the backbone just below the collar line.

5.

5

Massage the tops of the shoulders. Place your forearms at the sides of the neck and roll them outwards toward the shoulder by rotating at the wrists. After rotating, lift your forearms and

move them a couple of inches away from the neck and repeat. When you reach the shoulder, come back to center and repeat this process two more times.

Part 2 of 3:

Massaging the Neck

1. 1

Work up to the base of the skull. Continue with the circles up the back of the neck until you reach the hairline. Lower your hands back down and repeat two more times.

2. 2

Massage the neck. Step to one side of your volunteer, and place one hand at the base of the recipient's neck, and your front hand gently on their forehead to keep their head from falling forward. With the rear hand, open your thumb and glide your hand up the back of the neck. Don't put pressure directly on the vertebrae.

- Once you reach the hairline, remain there for a moment with light pressure on the back of the head. Lower your rear hand and repeat from the base of the neck. You can even add some circling to the upward stroke if there seems to be a lot of tension present. Repeat this about five times. When your rear hand reaches the hairline for the last time, let it remain there.

3. 3

Slowly allow the head to tilt forward without strain or effort. Keep your hand at the recipient's hairline.

4. 4

Move the head back. Gently lift the head back to vertical and continue backwards, again without forcing, simply allowing the head to move within its own range of motion.

- Repeat this 3 times, forward and backward.

Part 3 of 3:

Massaging the Head

1. 1

Massage the head. Step back behind the recipient and loosen his or her hair if it is restrained. Bring your hands, with fingers spread, to the sides of the head, fingers pointing up. Use a light

pressure and slowly move the hands up with a shampooing-like motion, trying to keep the heel of the hands in contact with the scalp as well as the fingers.

- Once you reach the top of the head, allow the fingers to rise off while maintaining a gentle traction from the heels of the hands. Now lower your hands and move them around to a different area of the head. Repeat four or five times, covering the entire scalp.

2. 2

Rub the scalp. Bring one hand to the volunteer's forehead for stability as you place the heel of the other hand in contact with back of the head. Begin rubbing the scalp by moving your rear hand vigorously back and forth. Continue rubbing as much of the scalp as you can reach, and then switch hands and repeat on the other side.

3. 3

Briskly rub the scalp all over with just the fingertips of both hands. Continue this for about a minute.

4. 4

Stroke your fingers through your recipient's hair from the top of the forehead back. Let the final strokes draw their head back slightly and then lay the fingers over the forehead and draw the fingers down and along the brow line to each temple, making small circles over the temples. Repeat this process three times.

5. 5

Finish up. With smooth strokes beginning at the forehead, slowly work your way to the back of the head. Do this for about a minute, allowing the pressure to become lighter towards the end, until finally your hands float off the head.

6. 6

Know the benefits. The therapeutic benefits of the Indian head massage are comprehensive, suggesting that you make it a part of your overall health routines. They include:

- Relief from pain and stiffness in the muscles of the face, neck, upper back, and shoulders.
- Increased mobility of the neck joints.

- Relief from tension and hangover headaches, eye strain, TMJ, and nasal congestion
- Renewed energy.
- Reduction of depression, anxiety, and other stress-related issues
- Higher levels of creativity, clarity, and concentration, and better memory.
- A sense of tranquility, calmness, and positive well-being.
- Sound, restful sleep that leaves you refreshed.
- Deeper, calmer respiratory system.
- Stronger immune system.
- Improved skin tone, health, and colour.
- Healthy hair and scalp.
- Increased self-esteem and self-worth with greater self-awareness
- Balanced chakras.

Community Q&A

• Question

Can I be certified energy worker to do this massage for the public or do you have to be an RMT?

wikiHow Staff Editor

Staff Answer

Depending on your location, you may need a license or certificate in order to start a massage business. Check your local laws regarding it.

• Question

Does this really work?

Community Answer

Yes. However, some people feel the benefits better and stronger than others, but anyone who receives this massage (when done correctly) should feel relaxed and renewed.

• Question

Can I lie down during an Indian head massage? I felt dizzy after a massage and my blood pressure dropped. Was this because my head was placed in a hole for my face in a treatment bed?

Community Answer

You may lie down; it is even better for the body. You might have been dizzy because you had more blood flow to the head. A careful IHM practitioner would know the ways to balance it.

- Question

Which oil is good for relaxation?

Community Answer

Lavender, elemi, ylang-ylang, frankincense, sometimes cedarwood, or any of the relax blends from essential oil companies.

- Question

Do I use essential oils during an Indian head massage?

Community Answer

It's up to you, but it would be a good idea.

- Question

How can I prepare the massage oil at home?

Community Answer

One recipe for massage oil is 3 tablespoons of warm olive or coconut oil, 1 tablespoon of castor oil, 1/2 tablespoon of vitamin E oil, and 2-3 drops of any essential oil. (I recommend lavender, citrus, or peppermint.) Mix the ingredients together and test on a small patch of skin before using. This is not an authentic Indian recipe, but it works for this massage. (Plain coconut oil also works very well on its own.)

- Question

Which oil is better for my hair?

Community Answer

Tea tree oil is better because it is naturally soothing and has many benefits such as no dandruff and no dry scalp.

- Question

Can I do Indian Head Massages at peoples homes? What equipment do I need?

Community Answer

The correct products and equipment include use of disposable materials, using a low back chair for client, hair clips, skin cleanser, skin toner, massage medium and towels. It can be done at people's homes if you can transport all of that.

Video

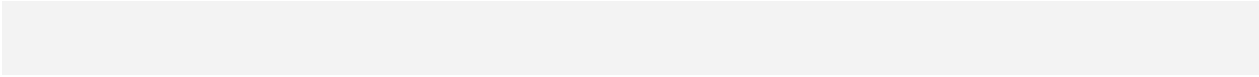
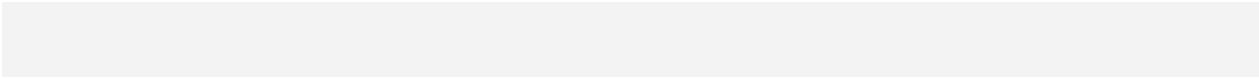


Tips

- Before doing the massage, make sure they sit down in a place they feel relaxed in.
- The use of Ayurvedic oils is traditional, though optional. Make sure it's warmed at least to body temperature before applying.

Warnings

- If using massage oil, make sure the person being massaged isn't allergic to it.
 - If, while you are performing this massage, your volunteer feels any pain, immediately stop the mas
-
-



-
-

Follow Us