

## General Enquiries

Tel: 0300 300 0090

Email: [enquiries@stockport.tscg.ac.uk](mailto:enquiries@stockport.tscg.ac.uk) Website: [stockport.tscg.ac.uk](http://stockport.tscg.ac.uk)



## Indian Head Massage

Location	Stockport College
Course Type	Adult
Department	Beauty Therapies
Start Date	Tuesday 7th May 2024
Duration	Part-time, 1 Weeks
Time	09:30 - 12:00
Fee	£ 17.50 You may be eligible for support with your tuition fees - please visit the college website - funding and finance page for further information
Course Code	SPQ-BYXZ-1900

## Course Overview

Indian Head Massage, also known as Champissage, is a therapeutic massage technique that originated in India and primarily focuses on the head, neck, and shoulders. It is a form of holistic healing and relaxation that has been practiced for centuries and is deeply rooted in Indian culture.

This treatment is known for its ability to promote relaxation, reduce stress, and improve mental clarity. It can also help with headaches, sinus congestion, and sleep problems. Many people find it to be a deeply soothing and rejuvenating experience.

In addition to its physical benefits, Indian Head Massage is often considered an important part of Ayurveda, the traditional Indian system of medicine. It is believed to balance the body's energy centers, or chakras, and promote overall well-being.

This course is designed as a community, taster course. Indian head massage, as the name indicates, originated from India and is a beautifully traditional practice that is now immensely popular amongst Western cultures. This is due to its simplicity and portability, that allows it to be utilised anywhere and everywhere, making relaxation and holistic wellness more accessible for everyone. Perhaps you want to work in a salon, want to upskill, or you may want to break into the sector - whatever your reasons, these courses will progress your career and allow you to deliver treatments. Delivered by industry-experienced tutors, many of these courses have clear progression routes, so you could start at introduction then progress up to Level 4.

## Course Requirements

---

There are no entry requirements just a keen interest in the world of holistic therapies and the world of wellness.

## What You Will Learn

---

Students will learn how to perform an Indian head massage focusing on:

Preparation

Head Massage

Neck and Shoulder Massage

Face Massage

Upper Back Massage

Closing and Relaxation

## Assessment

---

Assessment will be conducted through a combination of practical observation and structured question-and-answer sessions (Q&A).

## Progression

---

Upon successful completion of the course, individuals have the opportunity to advance to the Level 1 and Level 2 beauty therapy programs. Additionally, our department offers a range of supplementary taster courses to further enhance your skills and knowledge in the field.

## Career Options

---

Inspiration to aspire to the world of beauty and health and well being.

To improve knowledge and techniques of massage.

## Mandatory Units

---

There are no mandatory units

## Contact Details

---

For further information please contact T: 0161 886 7070 or E: [info@trafford.ac.uk](mailto:info@trafford.ac.uk)

## Disclaimer

---

Although every care has been taken to ensure that the information contained within this document is accurate, there may be changes to this programme and provision. We will endeavour to keep prospective and current students updated where appropriate and when the information becomes available.