

Itec Indian Head Massage Exam Questions

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this book is an essential resource for anyone training in the art of indian head massage this text contains over 50 photographs commissioned especially to illustrate every massage move making the routine easy to follow self test questions are included for exam preparation and portfolio building in depth coverage of chakras and auras is also included

this book is for those who want to learn the moves of indian head massage as well as providing a tool for teachers of the subject indian head massage is a deeply relaxing massage and covers the upper back shoulders scalp ears and face no special equipment is needed just an ordinary chair tom has used the content as his manual for teaching this therapy in the uk and europe since 2003 he is also a reiki master teacher and found this greatly influenced his indian head massage work the book covers the history of indian head massage the benefits precautions to think about step by step guide to the moves chakras for indian head massage as well as line drawings of the main moves

ebook edition of the hardback bestseller a full colour step by step guide to the techniques and secrets of indian head massage

indian head massage covers the fundamentals of the subject from anatomy and physiology to health and safety massage routines and marketing techniques the new edition contains new information on ayurveda and hair oils and covers the specifications for all major examining boards including the vtct and itec diplomas as well as the indian head masage units for beauty therapy nvq 2 and 3 full of step by step photographs faqs and definitions and including a free cd rom with interactive revision activities this is an essential text for all students of indian head massage

providing an ideal accompaniment to any student s studies this teach yourself series offers information and advice on a range of traditional and alternative therapies

provides therapists students and the public with an interesting and accessible introduction to indian head massage

indian head massage works alongside conventional medicine to help ease helath problems as well as promoting a general sense of mental physical and spiritual wellbeing jacket price 9 99

indian head massage can help to ease easing headaches improve circulation in your head face and scalp and reduce stiffness in your neck and shoulders the busy person s guide indian head massage is ideal for busy people as it is structured around the day and includes routines that you can do at home at work or while traveling you will also learn how to perform indian head massage on other people so that you can enrich your relationship with your partner calm restless children and bring good humour to everyone

designed to inspire and to motivate indian head massage in essence provides readers with a beautifully illustrated easy to follow introduction to the art of indian head massage indian head massage in essence concentrates on practical application with step by step photographs of numerous massage routines the book enthuses and encourages further study by including fascinating information on doshas marma points and the treatment of common ailments as well as detailed information on further study and how to develop your interest written in an accessible style with numerous learning features such as faqs case studies and summaries this book is the perfect introduction for students on short level 2 courses professional massage therapists wishing to enhance their skills and enthusiastic home learners

die indische kopfmassage indian head massage entspringt der lehre des ayurveda der ayurveda ist die älteste uns bekannte heilwissenschaft die vor etwa 5000 jahren in indien und sri lanka entwickelt wurde sehr lange nur mündlich überliefert wurde sie schließlich in den veden niedergeschrieben in der legende heißt es daß die alten weisen die rishis in ihrer meditativen schau das wissen vom gesunden glücklichen und langen leben direkt von brahman oder von gott dem höchsten übermittelt bekamen erlernen sie

eine traummassage die verzaubert schenken sie wohlbeinden ihre petra amann pädagogin

press here ayurvedic head massage for beginners is a simple to follow guide to achieving authentic beauty rejuvenation and stress relief through an ayurvedic eastern massage technique anyone can do

this guide introduces an adapted indian head massage practice that helps to reduce anxiety and promote calm in people with special needs it comes complete with step by step illustrated instructions on a full massage routine as well as information on the theory behind the massage

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