



# Indian Head Massage

With

Xanthe Ashton

## Weekend Workshop

10am – 4pm Saturday and Sunday

Early-bird payment \$230 if received one month before workshop  
Late registrations within a month of the course are \$250 paid in full

### Workbook and oils included

For enquiries contact: Xanthe on 021 188 1305  
or [xanthe@indianheadmassage.co.nz](mailto:xanthe@indianheadmassage.co.nz)  
**[www.indianheadmassage.co.nz](http://www.indianheadmassage.co.nz)**  
Or return the registration form below

#### What is Indian Head Massage?

Indian head massage is based on an ancient healing system called Ayurveda. The massage is invigorating, revitalizing and an uplifting treatment working on the upper back, shoulders, scalp and face. These areas are massaged with a firm and gentle rhythmic fashion involving Marma points (acupressure points). Traditionally Ayurvedic oils are massaged into the scalp for their many therapeutic properties. Oils are optional. This particular form of massage can be used to relieve eyestrain, insomnia, migraines, stiff necks, stiff shoulders and headaches. It also relaxes and tones the facial muscles, and stimulates and nourishes the hair and scalp.

The workshop teaches the history, theory and practice of a half hour Indian Head Massage routine. On completion of the workshop an invitation to attend an assessment day is offered and on successful completion of case studies, theory and practical assessments, a **Practitioners Certificate** is awarded. There is an additional fee of \$75 to attend the assessment day.

#### About the tutor

Xanthe Ashton holds diplomas in Massage and Indian Head Massage from the UK and is a qualified Reflexologist, Reiki III Practitioner and CranioSacral Therapist. Xanthe is a tutor for the Canterbury School of Reflexology and the Upledger Institute, she is a member of the International Alliance of Healthcare Practitioners, Massage NZ, Reflexology NZ and Reiki NZ.

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**To reserve your place, complete the registration details below and post/email with your payment**

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Workshop Location \_\_\_\_\_ Workshop Date \_\_\_\_\_

Make cheques payable to: Xanthe Ashton

or electronic payment to ASB 12-3188-0111602-01

Email to the address above or post your registration to: PO Box 37-199, Halswell, Christchurch, 8245

