

Indian head massage workshop

There are few things more relaxing than a massage. But for people with mobility problems or the elderly, lying on a couch isn't always possible or easy.

Nicki Lee is a Kingsclere-based sports therapist who has specialised in massage since 1999.

Nicki now runs teaching workshops for anyone over the age of 18 to learn massage and she's inviting people to come and learn how to give Indian head and shoulder massage.

She said: "Indian head massage is great for relaxation – particularly for people who lack mobility or may not be in the best of health. Developed in India, this treatment has been expanded to include working on the upper back, shoulders, neck, arms and head.

"This is now one of the most popular therapies in the UK and it's not hard to see why. Not only is it a real treat for your family and friends, but there are substantial health benefits including relieving stress, general tension, depression and anxiety.



"A regular short massage can have a very good effect on lowering blood pressure. The routines I teach could help someone to massage a family member or friend two or three times a week for a few minutes."

Indian head massages are given over the clothing while your partner or family member sits in a regular chair – so no special equipment or undressing is needed.

She said: "Helping people lead more comfortable and therefore more enjoyable lives is at the heart of what I do and I'm delighted to share my knowledge of Indian head massage. Most of this workshop is spent actually giving or receiving massages, but you will also observe demonstrations, have the opportunity for questions, and learn how to prepare yourself and your partner for a safe, relaxing and fun treatment."

Nicki runs regular workshops at the Village Club, Kingsclere and the next session is on Saturday, October 6 and includes tea and cake. Price £45 per person.

For more information, visit www.nickileemassage.co.uk