

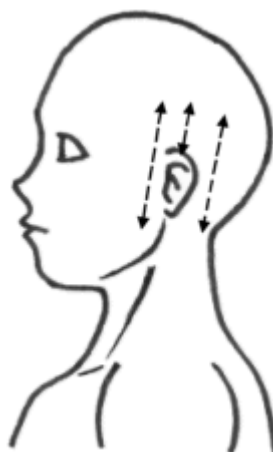
SCALP MASSAGE

Technique – Windscreen Wiper



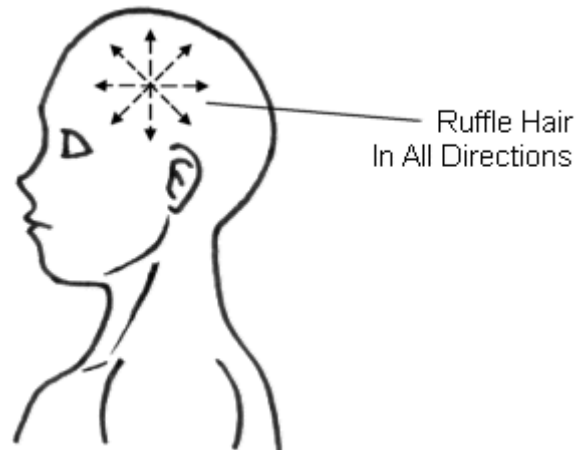
6. Place the fingers of one hand on the forehead, with the palm of the hand at the side of the head above and slightly in front of the ear. This hand will support the head. Using the other hand, follow the diagram above using the ball of the index finger to provide a light rubbing movement. Repeat this twice more and then repeat on the other side of the head. This technique stimulates the circulation.

Technique – Whole Hand Friction



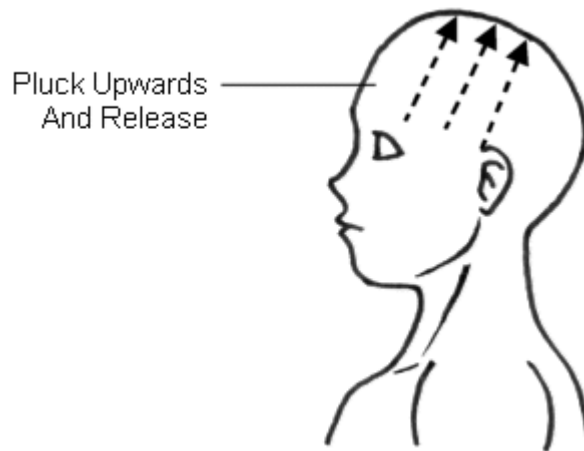
7. Place both hands on the scalp, just above the ears with the fingers to the front and the palms applying a firm pressure. Using one hand to support the head, begin the friction movement, using the whole of the other hand, including the fingers. Move the scalp up and down three times. Move the hand slightly up towards the crown and repeat. Again, move the hand a little further up and repeat. Repeat the full sequence on the other side of the head. This action loosens tight scalp muscles.

Technique – Ruffling



8. With the head tilted slightly backwards and supported by one hand, lightly ruffle the whole of the head of hair, keeping the wrist loose and the fingers spread. Continue for about one minute. This is a very relaxing and enjoyable technique, which we practice naturally when we shampoo our hair.

Technique – Plucking



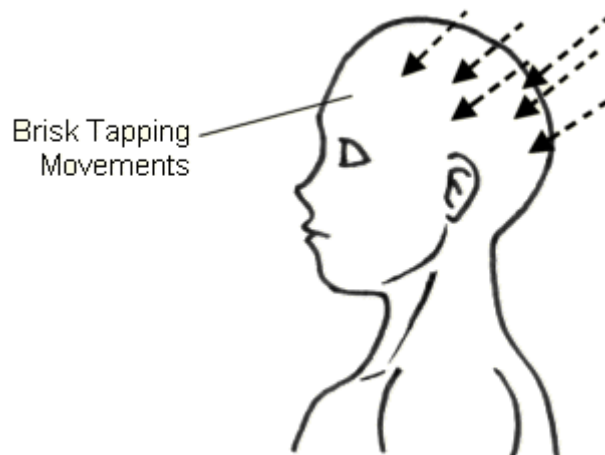
9. Place the fingers lightly on the head. Spring the fingers off and as you do so, pinch the fingers and thumb together, collecting and pulling a small amount of hair. Remember not to pull hard. This is a gentle plucking movement and not a tugging one. Having released the hair, spread the fingers and land them softly on a different area of the scalp and repeat the process. Always land softly and take-off quickly. This action will stimulate the circulation.

Technique – Stroking



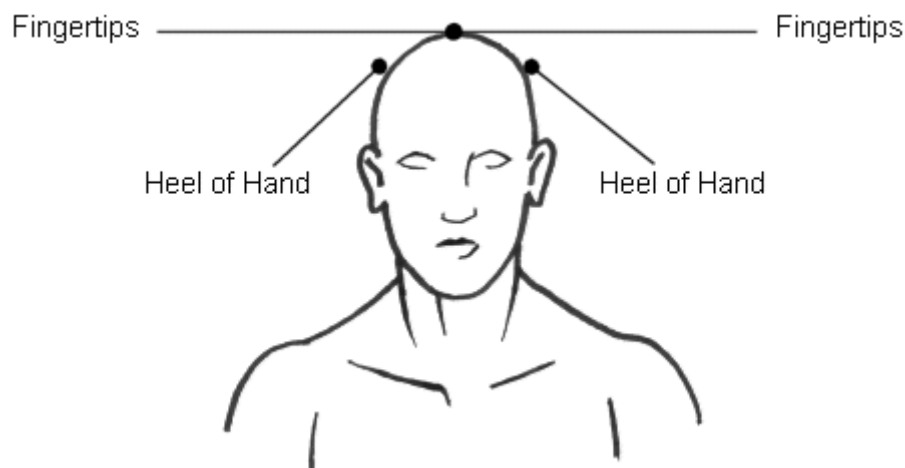
10. With the fingers pointing forward and situated at the hairline, place the palm of one hand on the crown of the recipient. Applying a gentle pressure, bring the hand back towards the back of the head. As you clear the front of the head, bring the other hand into play using the same action. As the first hand completes its sweep, bring it back to the front. This provides a continuous motion wherein the recipient cannot tell when one stroke finishes and another begins. Continue this wave-like technique for about one minute.
11. Using the same action, spread the fingers and use just the palm and the fingertips of each hand, running the fingers through the hair instead of above it. Continue for one minute.

Technique – Tabla Playing



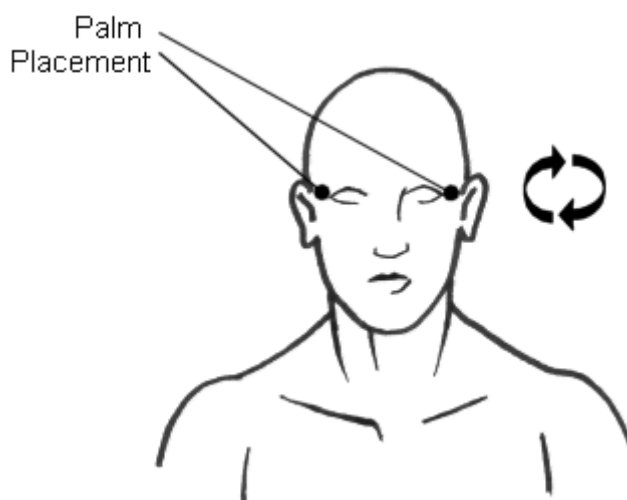
12. As if you are typing or playing the piano, using the fingertips, “play” all over the scalp for one minute. This is extremely energising.

Technique – Squeeze and Lift



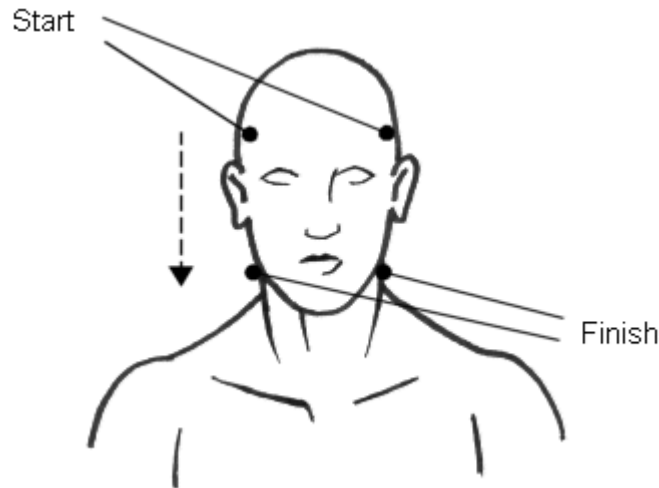
13. Place the heel of each hand behind the ears, with the fingers meeting at the crown. Applying a medium pressure, squeeze the heel of the hands, lifting the scalp, for a count of three and release. Move the hands to just above the ears and repeat. Repeat once more with the hands just in front of the ears. This movement is ideal for releasing tension headaches.

Technique – Circular Temple Friction



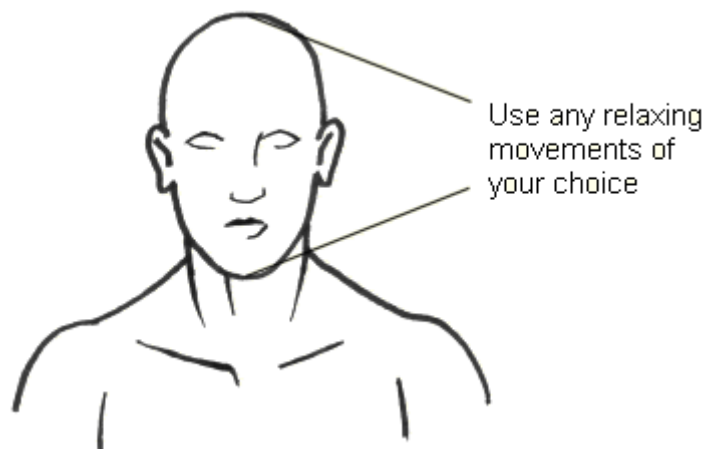
14. Standing behind the recipient, support their head on against your own body. If this is uncomfortable, place a small cushion, pillow or rolled towel at the neck of the recipient and stand against this. Ensure that the head is not tilted too far back and that the neck is comfortable. Place the heels of each hand in front of the ears with the palms over the temples. Applying a gentle pressure and using only the palms of the hands, begin to make slow, wide, circular, friction movements. Continue for one minute. Again, another movement that will relieve headaches and eyestrain.

Technique – Relaxing the Face



15. Spreading the fingers, place the palm of each hand against the cheeks. Cup the fingers to enclose the face very lightly. Slowly twist the palms so that the fingers move downwards to the chin. Repeat in the upward direction. Repeat both sweeps several times. By now, your hands will be feeling very warm and this warmth will be passed on to the recipient.

Technique – Final Scalp Massage



16. This is now your chance to be innovative. Use your imagination to combine some of the relaxing stroking movements. Work gently over the scalp using a very light pressure and slow, easy movements. It may be the recipient is now asleep. When you feel it is time to finish, place both hands on the recipient's head in the same manner as in the connecting movement at the beginning of the massage. Hold this position for a few seconds and then, very, very slowly, lift the hands off the head. This movement should be so slow that the recipient should be unaware that your hands have been removed.