

Indie Head and Face Massage

Sunday, October 14, 2018, 10:00-6:00

Instructor: Margo Gal, CAP, LMT

Max Participant #: 20



Indie massage techniques originated in India thousands of years ago. The head, neck and face are very important to the body/mind because they are the seat of the nervous system. Warm therapeutic oils are applied to the scalp in addition to Swedish massage techniques and specific pressure points on the face and head using essential oils. These subtle pressure points are door receptors under the surface of the skin where muscle, ligaments, and joints meet together. When lightly touched, they stimulate respective organs, calming the nervous system and pacifying the mind. This massage is very beneficial for conditions such as: facial pain, anxiety, insomnia, depression, sinus and tension headaches, and migraines. It also improves blood circulation to the brain, lubricates and conditions the scalp, improves lymphatic drainage and revitalizes the spirit, leaving one with a feeling of deep peace and calm within.

Please bring a supply of coconut oil. If you wish, you can purchase Indie head oil from Margo for \$17.00.

Instructor:

Margo graduated from Sutherland-Chan in 1980. She completed Ayurvedic studies under Dr. Vasant Lad, graduating in 1987, and then worked under his guidance at the Ayurvedic Institute in Albuquerque NM. In 2004, she completed a certification under Dr. Sunil Joshi in Nagpur, India. This involved mastering practical applications and various Ayurvedic body treatments including Ayurvedic Massage. Margo interweaves her deep practical knowledge of Buddhism into her work. She taught Ayurvedic Massage and Indie Head and Scalp Massage at the Four Seasons Spa Resort on Maui as well as at Lumeria Resort. She has also worked with Hospice Maui. Margo moved back to Canada in 2014, and is presently in private practice as an Ayurveda Practitioner.



Cost:

Regular: \$199.00 + HST
Early Bird: \$175.00 + HST by September 24, 2018
S-C Alumni: \$170.00 + HST
Early Bird: \$150.00 + HST by September 24, 2018

Location:

Contact Person:

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