

# Treatments

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Indian Champissage is a de-stressing programme for the whole body which concentrates on the upper back, shoulders, upper arms, neck, head and face – the areas most vulnerable to stress and tension. It works on physical, mental and subtle levels as outlined below.

Should you wish to experience the benefits of this wonderful, relaxing therapy for yourself then Alison would be happy to give you a treatment, either at Dunollie Cottage or in your own home. The cost is £25 for a 30 min session or £40 for a 60 min session.

## Physical Benefits of Indian Champissage

- Relaxes and releases tension in the muscles of the back, shoulders, upper arms, neck, head and face
- Breaks down knots and nodules
- Disperses toxins
- Relieves chronic neck and shoulder stiffness
- Loosens the scalp
- Increases oxygen uptake in the tissues
- Improves circulation of the blood in congested muscles and provides extra oxygen for the brain
- Stimulates and improves lymph circulation
- Restores joint movement and mobility
- Promotes hair growth
- Helps relieve tension headaches, eye-strain, earache, tinnitus, jaw ache, sinusitis congestion, neck and shoulder stiffness, insomnia and disturbed sleep
- Relaxes the whole person

## Mental Benefits of Indian Champissage

- Gives a sense of calmness, peace and tranquillity
- Releases anxiety
- Improves alertness and concentration
- Enables clearer thinking
- Helps dissipate mental tiredness, edginess, depression, stress etc

## Subtle Benefits of Indian Champissage

- Balances chakra energy
- Releases stagnant energy, boosting energy on all levels
- Provides general energetic healing

## Other Ayurvedic Treatments

Alison is has also been trained and is qualified by the London Centre of Indian Champissage to offer the following treatments:

**Kansa Vatki Indian Foot Massage (£30 for 45 mins):** Step this way to have your soles stripped of stress, and bounce back to life having had a deep, reviving massage on your feet and lower legs.

**Natural Face Lift Massage – Facial Rejuvenation (£40 for 60 mins):** Total embodiment of ‘rejuvenation’, this natural facelift helps to replenish your skin’s natural vitality, reducing visible signs of ageing and bringing an exuberant glow to your face. This unique and attentive treatment restores your ‘get up and go’ by invigorating your senses. Release your inertia and rediscover your sparkle with this indulgent massage.