

Indian Head Massage - beginners (4 GBP)



Location

South West, Isle Of Wight

<https://www.freeadsz.co.uk/x-371104-z>

Come along to learn this ancient massage therapy, using techniques which are easy to learn on the neck head and shoulders, you will learn how to massage the muscles to relieve tension, this also has many health benefits to help with stress related conditions such as headaches and anxiety. This therapy can also use essential oils, a wrap or towel is recommended to bring with you. This course will start on Monday 27th June, 7-9pm for 4 weeks and is based in the Portsmouth Academy for Girls, for full course details please contact Sue Green on the details.

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