



Art-Massage

Academy of Massage Therapy

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Art-Massage
Academy of Massage Therapy

Workshop - Course

Indian Cranial Massage

Secret of Ayurveda





Art-Massage

Academy of Massage Therapy

Massage Techniques

Indian Cranial Massage

Installation of the Client - Take 3 deep breaths with Essential Oils.

Energetic Sweeping
Cleansing

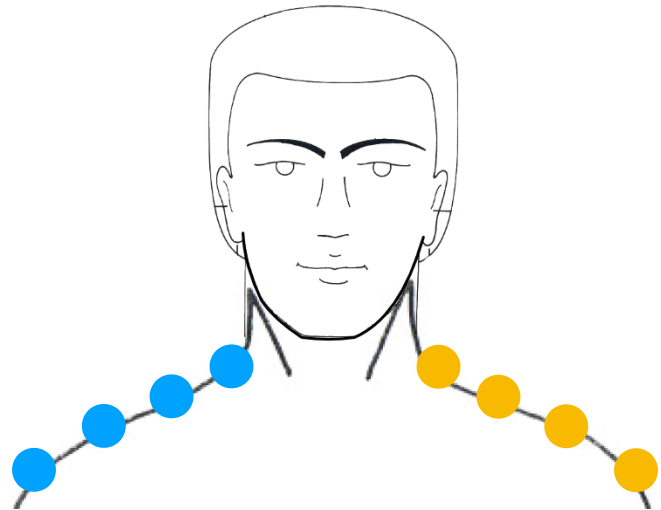
Going up to the top
of the skull

x3



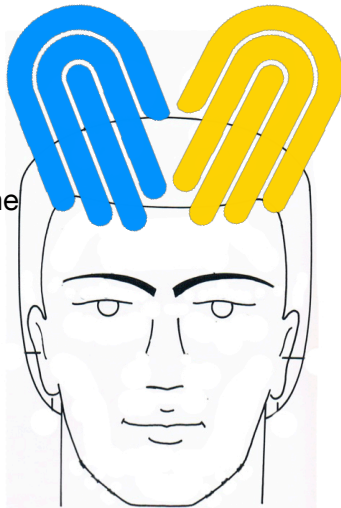
Trapezius Pressure

from Neck to
Shoulder
Return
x3



Skull Smoothing

From the Front to the
Back of the Skull
(Occipital)
x3



Application
Oil

in 3 steps

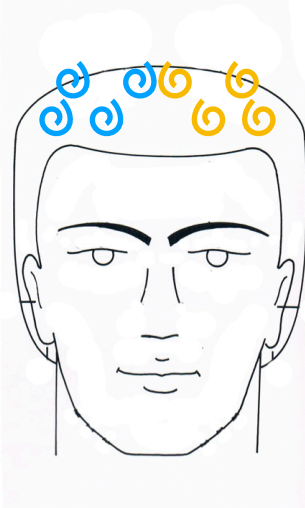


Circular Presses

with **Fingertips**

on Scalp
and Hair
Up to the Top
of the Skull
(Marma Point)

Oil **Penetration**
2-3 min

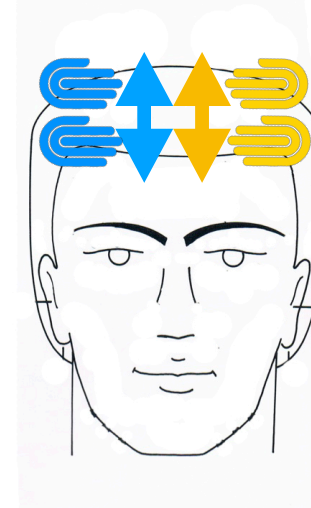


Crochet Fingers

with **Fingertips**

Mini-Frictions
Rubbing

From the Forehead
(Hairline)
at the Marma Point
(Adhipati)

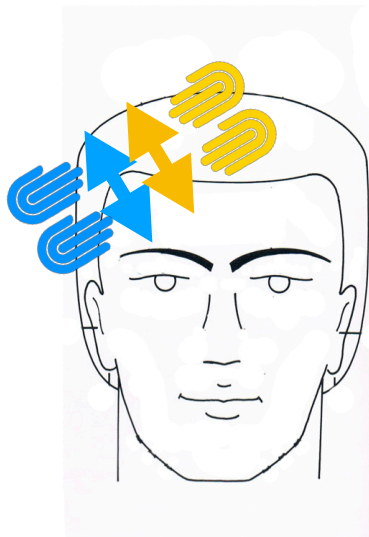


Crochet Fingers

with **Fingertips**

Mini-Frictions Rubbing

Same thing shifting to the to the right

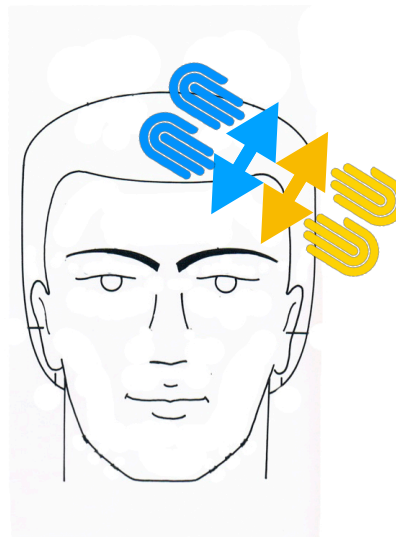


Crochet Fingers

with **Fingertips**

Mini-Frictions Rubbing

Same thing shifting to the to the left



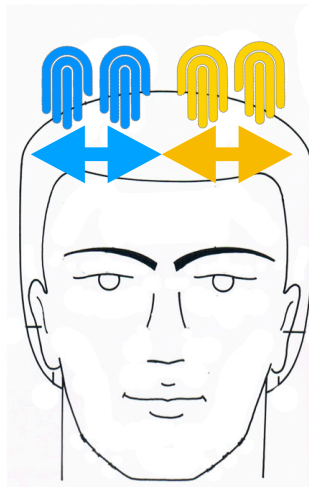
Possibility of doing the same movements but in a more vigorous way
People with little energy: more vigorous, energetic, exciting frictions
People with a lot of energy: softer, more encompassing, calming friction

Crochet Fingers

with **Fingertips**

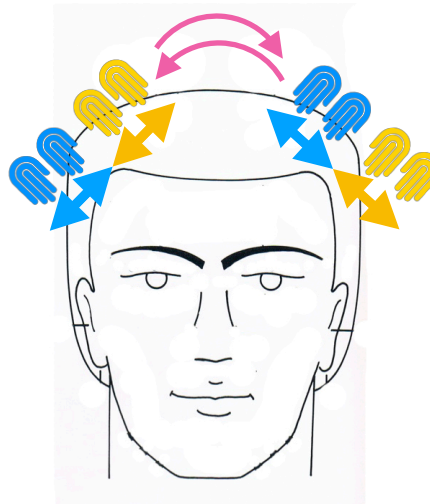
Mini-Frictions Rubbing

Same as above but the Frictions go from Right to Left



Same thing

Left shift
Return Center
Shift Right
Center

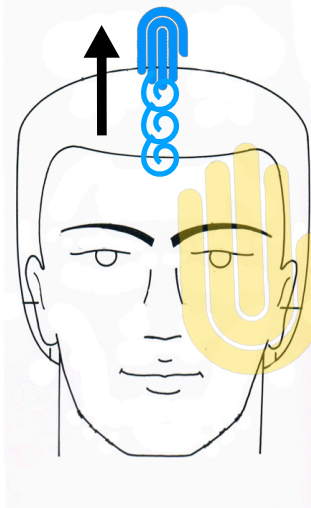


Circular Pressures

from Forehead to Sahasrara

with one Hand

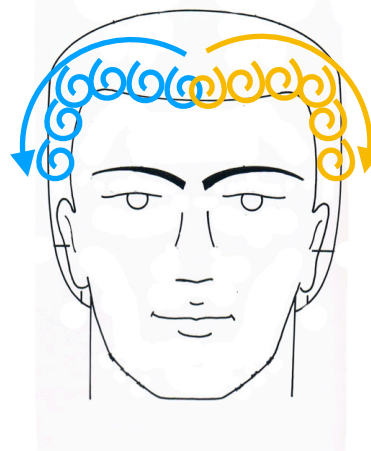
The other Hand Counter-pressure / Holding of the Head



Circular Pressures

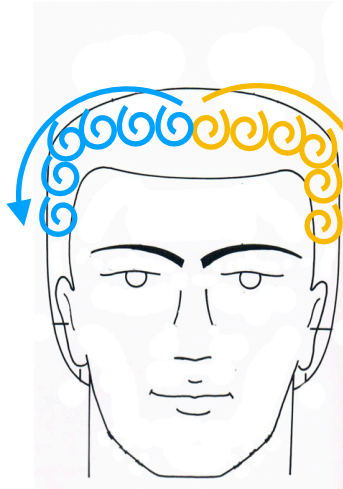
from Center Sup Front to Ears

2 hands together



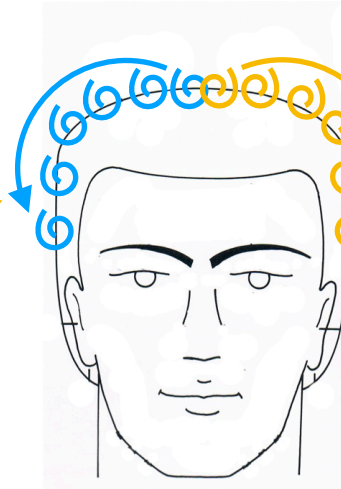
Same Thing

Further back from the Skull
spreading towards Ears



Same Thing

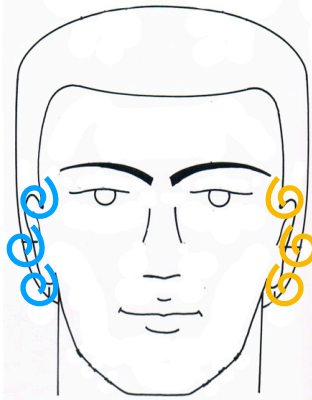
Further up
at the Sahasrara
level
moving away to Ears
Stop at Ears



Ear Massage

Unroll, Squeeze,
Pulling, Folding...

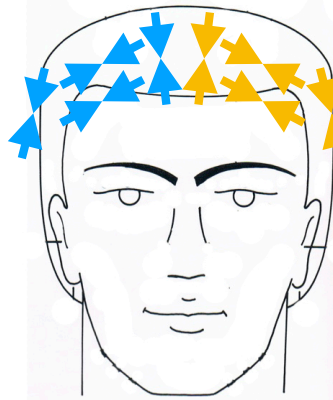
2-3 min



**Pinch
Press**

the Hair
at the Root

2-3 min

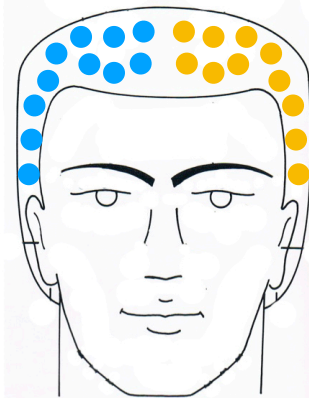


Percussions

with the tip of the fingers

Caution if Migraine

30s - 1 min



**Go to the other side of the Chair
Or
Have the client return**

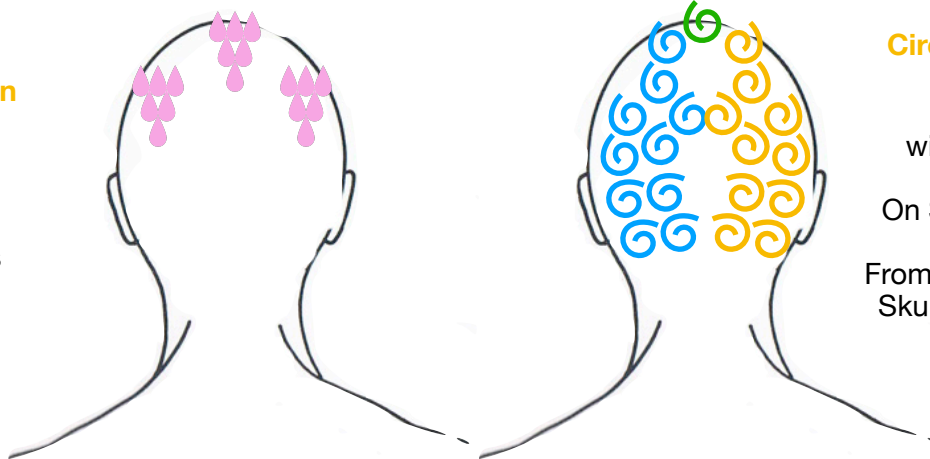


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Application

Oil
in 3 steps



Circular Presses

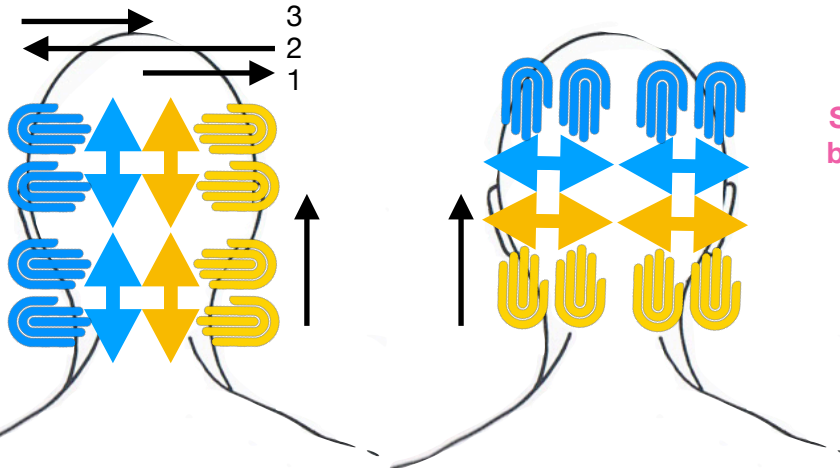
with Fingertips
On Scalp and Hair
From the Base of the Skull to the Marma Point Sahasrara

Crochet Fingers

with Fingertips

Frictions

from front to back
From the Base of the Skull to the 7th Chakra (Adhipati=Sahasrara)



Same Thing but different direction

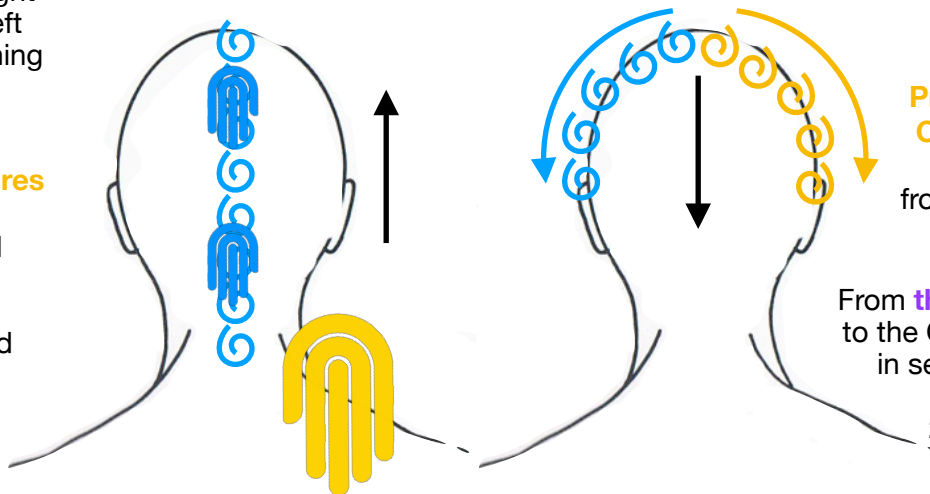
from Left to Right

Move to the Right then to the Left as at the beginning

Circular Pressures

from Cervical to Adhipati

Opposite hand On support



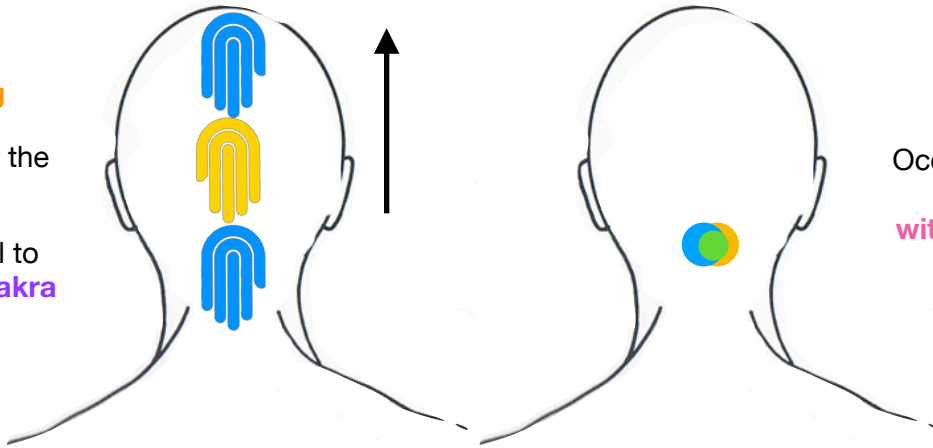
Pressures Circulars

from Middle to Ears

From the 7th Chakra to the Cervical Spine in several steps

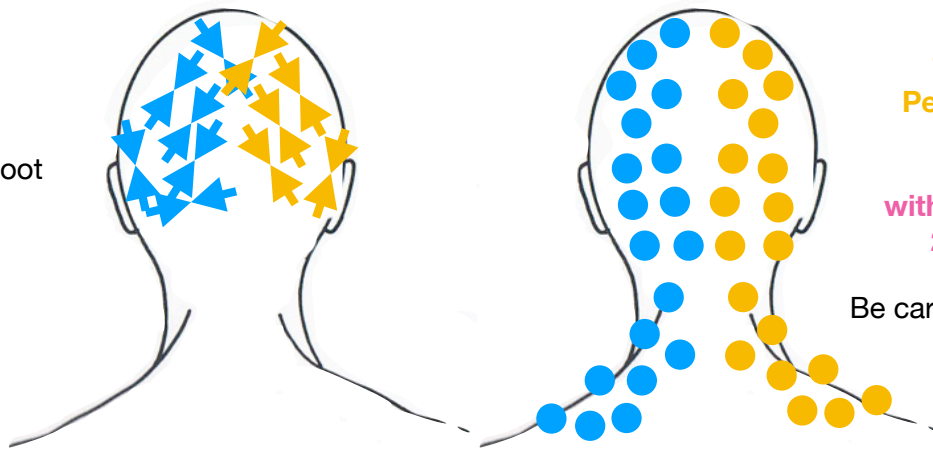
2-3 min

Smoothing
 one hand after the other
 From Cervical to
Sahasrara Chakra



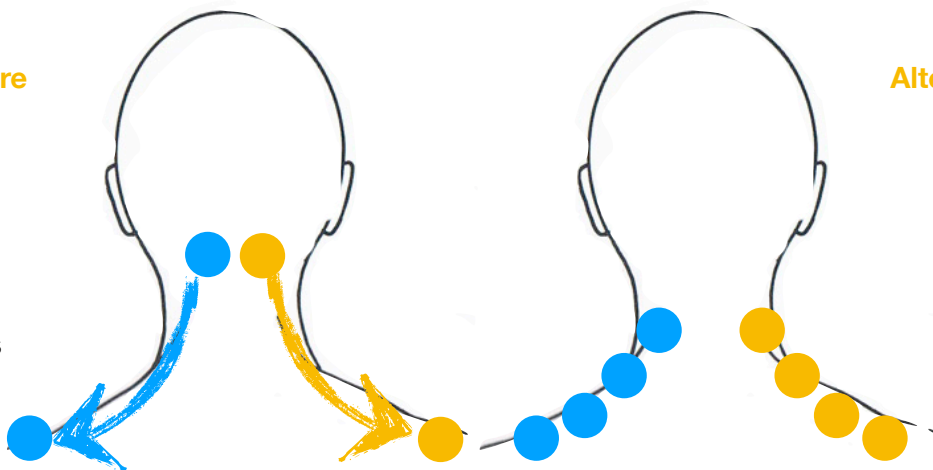
Pressure
 Occipital Hollow
 with **Fingertips**
 2 Hands

Pinch Press
 the Hair at the Root
 with **Fingers**
 2 Hands



Tapping Percussions
 with **Fingertips**
 2 Hands
 Be careful if Migraine

Sliding pressure
 with **Inches**
 on Trapeze
 2 Sides
 simultaneous



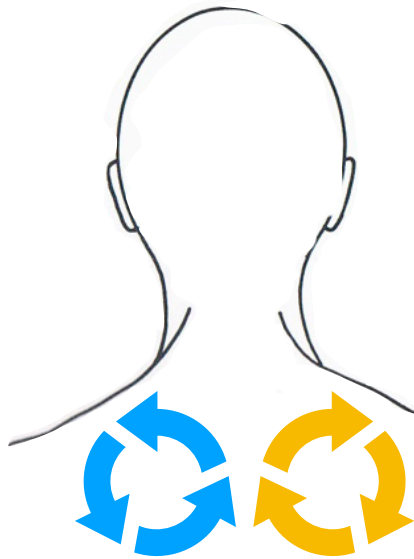
Alternating Presses
 with **Thumbs**
 on Trapezius

**Effleurage
Circular**

with Hands

on Scapula
(Scapula)

x3



**Pressures
Circulars
Simultaneous**

with Thumbs

on Trapezius

x3



**Pressures
Circulars**

Right Hand

**Neck held
by Thumb and Index**

the other Hand in
support



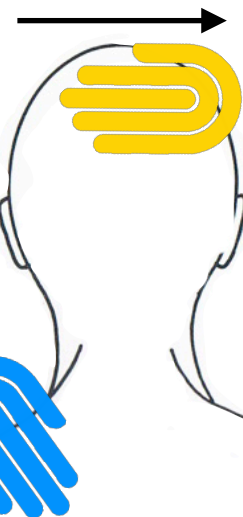
Turn Head to one side

1 Hand on Top of the
Head

Light Pressure

**the other Hand
on Trapezius
Opposite side**

**Pressure
towards the Ground**



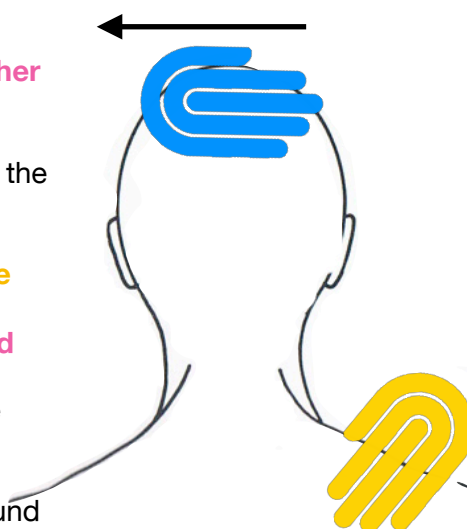
**Turn Head to other
Side**

1 Hand on Top of the
Skull

Light Pressure

**the other Hand
on Trapezius
Opposite side**

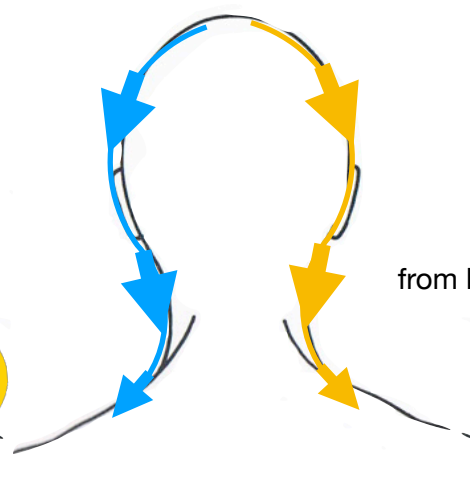
**Pressure
towards the Ground**



**Move up towards the
neck**

**Cleaning
Sweeping**

from Head to Shoulder



**Move up towards the
neck**



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Find out about all the training courses

Indian Cranial Massage (Ayurveda) Head + Shoulders

Abhyanga Massage (Ayurveda) Full Body

Shirodhara Massage (Ayurveda) Face + Oil on the Head

Balinese Massage (Ayurveda) Full Body

Kansu Bowl Massage (Ayurveda) Feet + Legs

Lomi-Lomi Massage Full Body

Chair Amma Massage Back + Head + Arms

Californian Massage Full Body

Swedish Massage Full Body

Face Massage Face

Hot Stones Massage Full Body

Réflexologie Anti Stress, Special Détox, Immuno Boost Massage +
Auto-Massage

Metamorphic Massage Feet + Legs