



**BOOK REVIEW:**  
INDIAN HEAD MASSAGE (3<sup>rd</sup> Edition)  
Helen McGuinness

I was absolutely bowled over by this book, the way the chapters were set out in a clear and concise way, with key points that were highlighted, and to the point language. The A & P was very detailed and would be very useful to refer to. The photos of various skin conditions were extremely helpful and informative, and the photos of different IHM techniques were also very good.

At the beginning of each chapter the reader is told that by the end of the chapter they will be able to relate various points to their work as a holistic therapist.

At the end of each chapter there are self-assessment questions in order to re-cap and make sure the reader has understood what they have read.

The book is divided into 9 chapters, the first being an introduction to IHM. It does go into quite a lot of detail into ayurveda and doshas and I understand that this is a new feature to this edition. The effects and benefits of IHM are set out here very well.

Chapter 2 gives an extremely thorough A and P overview, especially of the skin and skin conditions, and this is the longest chapter of the book. All the diagrams are coloured and well-labelled and easy to understand.

In Chapter 3 the conditions affecting the head, neck and shoulders are set out, with cautions, restrictions and recommendations noted after each description.

Chapter 4 deals with how you may carry out a consultation for IHM and details conditions that are contraindicated to IHM, conditions that may be contraindicated but need medical advice before deciding on giving treatment, and conditions that present as localised contraindications. This chapter also gives examples of a consultation form and example of a treatment plan.

Three case studies are given in chapter 5 giving objectives and treatment plan, details of treatments, outcomes and recommendations and client testimonials.

In chapter 6 IHM movements are discussed in detail with good colour photos as back up and a list of Marma points is listed with the location of them in the body and what they help with. A description of different oils that can be used in IHM is given and a short section on Chakra balancing and IHM is given.

IHM techniques are given with photos and key notes after each technique. I found this to be the most useful section, as it gave numerous techniques with a full routine quick reference guide at the end.

Chapter 7 on stress management was very interesting and useful and gave some good stress reduction techniques.

In chapter 8, health, safety, security and employment standards was covered in detail, relating to working in a salon rather than at home. Finally in chapter 9 Promotion and Marketing were discussed.

In addition to this wonderfully detailed and informative book, there is a CD Rom study resource containing crosswords, multi choice question and answers and numerous website references, as well as downloadable consultation and treatment forms. I thoroughly recommend this book!

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