



BOOK REVIEW:
INDIAN HEAD MASSAGE – IN ESSENCE
Mary Dagleish and Lesley Hart

Where was this book when I was studying Indian Head Massage (IHM)!

This book is well written, very well researched and with clear, useful pictures/diagrams. The authors are ex-students of Narendra Mehta who is accredited with introducing IHM to the West, so the information given is thorough, clear and easy to understand, without being simplistic.

Chapters include, amongst others: the history of IHM, subtle energy, using oils in IHM, contraindications, clear pictures showing an actual treatment, self care, anatomy and physiology, other recommended therapies. The authors have also included useful sections on case studies and ‘frequently asked questions’ throughout the book which progresses logically and with sufficient detail to keep the attention.

I particularly enjoyed the chapter on “subtle energy”, specifically the section on Ayurveda which contains a very straightforward questionnaire to identify an individual’s dosha. The authors presented this chapter with the intention of clear communication, rather than hedging it round with the fluffy, indistinct phrases often seen in some other books on this subject – consequently, it was a very interesting read.

All in all a thoroughly good introduction to IHM and, I would have thought, an essential for all IHM students.

Published by Hodder Education (Apr 2007)
ISBN-10: 0340941650
ISBN-13: 978-0340941652

Available from most major book stores.