



MUHLE

GLOW BEAUTY BEAUTY ACADEMY

EDUCATE • EMPOWER • ELEVATE

INDIAN HEAD

MASSAGE

Therapy

MANUAL

FULL PROFESSIONAL STUDY &
PRACTICAL TRAINING MANUAL

MUHLE Glow Beauty
Resource Library



THEORY

In-depth understanding of
Indian Head Massage, scalp
health & relaxation techniques.



TECHNIQUES

Step-by-step methods for
maximum comfort, stress
relief & results.



SCALP CARE

Learn scalp analysis, treatments
& hair nourishment practices.



PRACTICAL TRAINING

Hands-on training to perfect
your massage skills.



CERTIFICATION

Build confidence. Master your
skills. Become accredited.

TRAINER: AALIYAH

HAIR HEALTH & GROWTH SPECIALIST

Aaliyah

“ TOUCH THE SCALP. RELAX THE MIND.
Restore, Refresh, Rebalance. ”



EXPERT
KNOWLEDGE



PERSONALISED
GUIDANCE



PRACTICAL
EXCELLENCE



24/7 VIRTUAL
SUPPORT



EMPOWERING
RESULTS



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MUHLE GLOW BEAUTY ACADEMY

PROFESSIONAL INDIAN HEAD MASSAGE THERAPY TRAINING MANUAL

Trainer: NIA — Nails & Lashes Specialist

This Resource Library manuscript provides professional theory and practical training for Indian Head Massage, including consultation, anatomy, hygiene, equipment, scalp massage, head massage, neck and shoulder techniques, treatment sequencing, aftercare and practical assessment. The treatment is presented as a wellness and relaxation service. It is not a substitute for medical diagnosis or treatment.

MODULE 1 — INTRODUCTION TO INDIAN HEAD MASSAGE

Indian Head Massage is a seated or supported massage treatment focusing on the scalp, head, neck and shoulders. The service is commonly used as a relaxation and wellness treatment and is traditionally associated with Indian massage practices.

Professional Standard

The therapist must provide a calm, hygienic and respectful treatment with appropriate consultation, positioning, pressure control and communication.

Treatment Purpose

The treatment may support relaxation and a sense of wellbeing. Avoid making medical claims or promising to treat disease.

Therapist Responsibilities

Work within training, maintain client comfort, identify contraindications and refer medical concerns appropriately.

MODULE 2 — ANATOMY & TREATMENT AREAS

A working knowledge of the structures being massaged supports safe technique.

Scalp

The scalp contains skin, hair follicles, sensory structures and blood vessels. Pressure must remain comfortable.

Head and Face

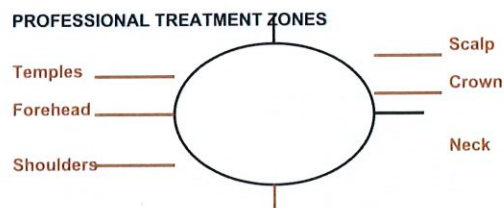
The head and facial region contains sensitive structures. Avoid direct pressure to the eyes and other vulnerable areas.

Neck

The neck is a sensitive region. Use controlled, comfortable pressure and avoid aggressive techniques.

Shoulders

The upper shoulders and trapezius region commonly hold tension. Work progressively and communicate with the client.



MODULE 3 — CONSULTATION & CONTRAINDICATIONS

A professional consultation must take place before treatment.

Consultation

Discuss the client's reason for booking, comfort preferences, pressure preference, scalp condition, recent treatments and relevant health information they choose to disclose.

Do Not Treat / Seek Appropriate Advice

Avoid treatment over open wounds, active skin infection, significant inflammation, unexplained severe pain, recent injury or any condition where massage may be inappropriate.

Medical Conditions & Medication

Where a client has a significant medical condition, recent surgery or is unsure whether massage is suitable, seek appropriate professional guidance before treatment.

Client Consent

Explain the treatment, positioning, areas to be touched and the client's right to stop at any time.

MODULE 4 — HYGIENE & PROFESSIONAL PREPARATION

The treatment environment must be clean, calm and professionally prepared.

Hand Hygiene

Clean hands before and after every treatment.

Linen

Use clean towels, headbands and protective coverings for every client.

Equipment

Clean and disinfect reusable equipment according to salon protocol.

Oil Hygiene

Use clean dispensing methods and avoid contaminating product containers.

Environment

Ensure comfortable temperature, privacy, suitable lighting and safe access around the treatment area.

MODULE 5 — PROFESSIONAL EQUIPMENT & PRODUCTS

Equipment should be prepared before the client arrives.

Core Equipment

Massage couch or supportive chair, clean towels, headband, blanket, pillow or bolster and a clean work surface.

Products

A suitable massage oil or professional product may be selected according to the client's preferences and the treatment protocol.

Support Equipment

Hand sanitiser, disinfectant, timer, client record, waste bin and good professional lighting.

Massage couch/chair	Clean towels	Headband	Blanket
Massage oil	Oil bowl	Hand sanitiser	Disinfectant
Pillow/bolster	Timer/clock	Water	Client record
Waste bin	Hair brush	Optional comb	Professional lighting

PROFESSIONAL EQUIPMENT REFERENCE

MODULE 6 — PROFESSIONAL TREATMENT FLOW

A consistent sequence helps the therapist deliver a calm, structured treatment.

Consult

Discuss the client's needs and obtain consent.

Prepare

Sanitise hands, prepare equipment and position the client.

Warm

Begin with gentle contact and warming strokes.

Scalp

Perform controlled scalp massage techniques.

Head

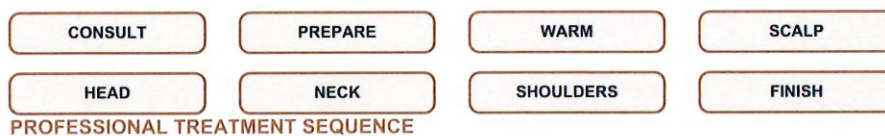
Work across the head and appropriate facial/temporal areas with care.

Neck and Shoulders

Progress to the neck and shoulders with controlled pressure.

Finish

Slow the rhythm, allow the client to settle and complete aftercare.



METHOD 1 — SEATED INDIAN HEAD MASSAGE

The seated method is suitable for a professional chair-based treatment with the client supported and appropriately draped.

EQUIPMENT & PRODUCTS

Supportive treatment chair • Clean towels • Headband • Massage oil if used • Hand sanitiser • Timer • Client record

FULL PROFESSIONAL PROCEDURE

Step 1: Complete consultation and explain the treatment.

Step 2: Sanitise hands and prepare the treatment space.

Step 3: Position the client comfortably with the head and shoulders supported.

Step 4: Begin with gentle contact and slow warming strokes.

Step 5: Massage the shoulders using controlled kneading and compression.

Step 6: Progress to the neck with gentle, comfortable techniques.

Step 7: Move to the scalp using fingertip circles, kneading and rhythmic movements.

Step 8: Work around the temples and sides of the head carefully, avoiding uncomfortable pressure.

Step 9: Gradually slow the movements and finish with calming strokes.

Step 10: Allow the client to sit quietly before standing.

TECHNICAL CHECKPOINTS

Pressure should remain comfortable and must be adjusted continuously according to client feedback.

COMMON ERRORS & TROUBLESHOOTING

Starting too strongly, rushing the treatment, poor posture and insufficient client communication are common errors.

AFTERCARE & FOLLOW-UP

Advise the client to rise slowly, hydrate according to their normal needs and report any unusual discomfort.

METHOD 2 — SCALP MASSAGE TECHNIQUE

Scalp massage is the central component of the treatment and uses the fingertips rather than scratching with the nails.

EQUIPMENT & PRODUCTS

Clean hands • Suitable massage product if required • Clean towel • Headband

FULL PROFESSIONAL PROCEDURE

Step 1: Position the client comfortably.

Step 2: Place the fingertips gently on the scalp.

Step 3: Begin with slow circular movements.

Step 4: Progress to gentle kneading and lifting movements where comfortable.

Step 5: Work systematically across the front, sides, crown and back of the scalp.

Step 6: Vary pressure gradually and communicate with the client.

Step 7: Finish with slower, lighter movements.

TECHNICAL CHECKPOINTS

Use the pads of the fingers and maintain controlled pressure. Avoid scratching with the nails.

COMMON ERRORS & TROUBLESHOOTING

Excessive pressure, scratching, pulling hair or working too quickly can cause discomfort.

AFTERCARE & FOLLOW-UP

Leave the scalp comfortable and remove excess product according to the treatment protocol.

METHOD 3 — HEAD, TEMPLES & FOREHEAD

This method focuses on gentle relaxation techniques around the head while respecting sensitive facial structures.

EQUIPMENT & PRODUCTS

Clean hands • Suitable massage product if required • Clean towel

FULL PROFESSIONAL PROCEDURE

Step 1: Explain the areas that will be treated.

Step 2: Use gentle contact across the forehead and hairline where appropriate.

Step 3: Apply small, controlled circular movements at the temples with comfortable pressure.

Step 4: Work across the sides of the head using gentle fingertip techniques.

Step 5: Avoid direct pressure to the eyes and any area the client identifies as sensitive.

Step 6: Complete the sequence with calming strokes.

TECHNICAL CHECKPOINTS

Pressure around the temples and forehead should be gentle and client-led. Stop if discomfort occurs.

COMMON ERRORS & TROUBLESHOOTING

Using excessive pressure, pressing directly on the eyes or ignoring client feedback are unacceptable.

AFTERCARE & FOLLOW-UP

Advise the client to take their time when returning to normal activity.

METHOD 4 — NECK MASSAGE

The neck requires controlled, gentle technique and continuous communication.

EQUIPMENT & PRODUCTS

Supportive chair or treatment couch • Clean towels • Suitable massage product if required

FULL PROFESSIONAL PROCEDURE

Step 1: Position the client with appropriate support.

Step 2: Begin with light warming strokes.

Step 3: Use controlled kneading over appropriate muscle areas.

Step 4: Work gradually and never force the neck into uncomfortable positions.

Step 5: Communicate about pressure and comfort.

Step 6: Finish with gentle strokes.

TECHNICAL CHECKPOINTS

Avoid aggressive pressure and any technique outside the therapist's training. Client comfort is the priority.

COMMON ERRORS & TROUBLESHOOTING

Using excessive force, sudden movements or poor positioning can cause discomfort.

AFTERCARE & FOLLOW-UP

If the client experiences unusual pain, stop the treatment and assess appropriately.

METHOD 5 — SHOULDER & UPPER-BACK MASSAGE

The shoulders often benefit from structured warming, kneading and compression techniques.

EQUIPMENT & PRODUCTS

Supportive chair or couch • Clean towels • Suitable massage product if required

FULL PROFESSIONAL PROCEDURE

Step 1: Position the client comfortably.

Step 2: Begin with broad warming strokes.

Step 3: Use gentle kneading across the upper shoulders.

Step 4: Apply controlled compression and release where appropriate.

Step 5: Work symmetrically while adapting to client preference.

Step 6: Slow the movements before completing the treatment.

TECHNICAL CHECKPOINTS

Pressure should be progressive, controlled and adapted to the client. Do not force or aggressively manipulate the body.

COMMON ERRORS & TROUBLESHOOTING

Too much pressure too early, poor body mechanics and uneven technique are common errors.

AFTERCARE & FOLLOW-UP

Encourage the client to rise slowly and report any persistent discomfort.

METHOD 6 — FULL PROFESSIONAL INDIAN HEAD MASSAGE SEQUENCE

The full treatment combines consultation, preparation, scalp, head, neck and shoulder techniques into one structured wellness service.

EQUIPMENT & PRODUCTS

Complete equipment set • Clean towels and headband • Massage product if required • Timer • Client record

FULL PROFESSIONAL PROCEDURE

- Step 1:** Complete the consultation and confirm consent.
- Step 2:** Prepare the room, equipment and client position.
- Step 3:** Begin with grounding contact and gentle shoulder warming.
- Step 4:** Progress to neck and upper-shoulder techniques.
- Step 5:** Move to the scalp and perform systematic fingertip massage.
- Step 6:** Work through the head and temple areas with gentle controlled movements.
- Step 7:** Return to the neck and shoulders if appropriate for the treatment sequence.
- Step 8:** Finish with slow calming strokes and a quiet transition.
- Step 9:** Provide aftercare and document the treatment.

TECHNICAL CHECKPOINTS

A professional treatment should feel structured, progressive and calm: warm-up, therapeutic-style massage within training, then a gradual wind-down.

COMMON ERRORS & TROUBLESHOOTING

Inconsistent sequencing, rushing the finish and failing to monitor pressure reduce treatment quality.

AFTERCARE & FOLLOW-UP

Give the client time to reorient and stand safely. Provide appropriate aftercare guidance.

MODULE 7 — MASSAGE MOVEMENTS & TECHNIQUES

A professional therapist should understand the purpose and application of basic massage movements.

Effleurage / Gliding Strokes

Smooth, controlled strokes used to introduce contact, warm the area and create a calming transition.

Petrissage / Kneading

Gentle lifting and kneading movements used where appropriate over suitable soft tissue.

Circular Fingertip Movements

Small controlled circles commonly used across the scalp.

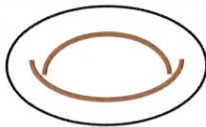
Compression and Release

A controlled application and release of pressure, always within client comfort.

Rhythmic Movements

Consistent, soothing movements can support relaxation.

SCALP MASSAGE MOVEMENTS



Circular fingertip movements

Gentle kneading

Compression and release

Rhythmic soothing strokes

MODULE 8 — PROFESSIONAL CLIENT POSITIONING

Correct positioning supports comfort and safe technique.

Seated Position

The client should be stable, supported and able to relax the head and shoulders.

Couch Position

If a treatment couch is used, provide appropriate head and neck support.

Draping

Maintain professional coverage and client privacy.

Therapist Posture

The therapist should work with a neutral posture and avoid unnecessary strain.

MODULE 9 — OILS, PRODUCTS & HAIR CONSIDERATIONS

Product selection should be based on the treatment objective and client preference.

Dry Massage

A dry technique may be used where appropriate for the selected protocol.

Oil-Based Massage

A suitable professional massage oil may be used when appropriate, considering hair texture and client preference.

Product Sensitivity

Ask about known sensitivities and follow product instructions.

Hair Management

Use a headband or towel where appropriate and avoid unnecessary pulling or tangling.

MODULE 10 — TROUBLESHOOTING & PROFESSIONAL CLIENT CARE

A skilled therapist continually monitors the treatment.

Pressure Too Strong

Reduce pressure immediately and confirm client comfort.

Client Becomes Uncomfortable

Stop or modify the technique and communicate clearly.

Hair Pulling

Adjust hand placement, pressure and movement.

Oil Too Heavy

Use a more suitable quantity or product approach for the client's hair and treatment goals.

Client Feels Dizzy

Stop the treatment, ensure safe positioning and respond according to appropriate professional and salon procedures.

MODULE 11 — AFTERCARE & TREATMENT COMPLETION

The end of the treatment should be calm and professional.

Transition

Allow the client time to return to an upright position.

Hydration

The client may choose to drink water according to their normal preferences.

Hair and Scalp

Explain any product residue and appropriate hair-care considerations.

Feedback

Invite the client to provide feedback about pressure, comfort and the treatment experience.

Records

Complete the treatment record and note relevant observations.

MODULE 12 — PROFESSIONAL ETHICS & SCOPE OF PRACTICE

Indian Head Massage is a wellness service and should be delivered professionally.

No Medical Claims

Do not diagnose illness or promise to cure medical conditions.

Professional Boundaries

Maintain appropriate touch, communication, privacy and consent.

Referral

If a client presents with a concern outside the therapist's scope, recommend appropriate professional advice.

Continuous Learning

Maintain technique, hygiene and client-care standards through ongoing education.

PRACTICAL COMPETENCY ASSESSMENT

Competency	Observed	Competent	Further Practice
Consultation & consent	■	■	■
Contraindication screening	■	■	■
Hand hygiene	■	■	■
Equipment preparation	■	■	■
Client positioning	■	■	■
Draping & privacy	■	■	■
Pressure control	■	■	■
Scalp massage	■	■	■
Head & temple techniques	■	■	■
Forehead techniques	■	■	■
Neck massage	■	■	■
Shoulder massage	■	■	■
Full treatment sequence	■	■	■
Client communication	■	■	■
Aftercare	■	■	■
Professional records	■	■	■

Student Name: _____

Trainer: NIA Date: _____ Signature: _____

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