

# Indian Head Massage at the Dementia Hub



The Dementia Hub is pleased to be able to offer free Indian Head Massage session for people living with dementia and their carers. These will be run by Dr. Georgina Turnbull from the Waltham Forest Memory Service (MBBS, BSc, MSc and ITEC diploma).

These have been practiced in India for 1,000 years as part of the Ayurvedic tradition for physical, psychological and spiritual healing. It involves massage of head, neck, shoulders and face where tension frequently accumulates. It balances energy, boosts circulation, detoxification and immunity, relieves pain and stress and restores well-being.

The massage is chair based, clothed and oils can be used. The session, including a short consultation, takes 50 minutes.

There is a small amount of evidence that massages can help manage symptoms associated with dementia, such as anxiety, agitation and depression. Further research, with a greater number of participants, is required.

These sessions will be run fortnightly on Thursday afternoons from 25<sup>th</sup> May, with two sessions at 2pm and 3pm. If you would like to book a session, then please e-mail [dementia.hub@walthamforest.gov.uk](mailto:dementia.hub@walthamforest.gov.uk) or telephone 0208 558 0647.

**‘You owe it to yourself to find pockets of tranquility in your life’.**