

# Adult Learning - Course Information Sheet



## SCC1DA27 - Indian Head Massage

### Caroline Chisholm School

Wooldale Road  
Wootton Fields  
Northants

NN4 6TP

Room Caroline Chisholm School

Start Date: 03 March 2025  
End Date: 03 March 2025  
Start Time: 6:30PM  
End Time: 9:00PM  
Day: Monday  
Sessions: 1  
Tutor: Mrs Janet Flowers

### Course aim

To introduce learners to the basic principles and techniques of Indian Head Massage.

### Course outcomes

- Discuss the history and concept of Indian head massage
- Recognise the benefits both physical and psychological for this type of massage
- Recognise contra-indications whilst giving massage
- Perform the classical movements relating to Indian head massage

### How will the course be taught?

PowerPoint presentation, short discussion and question/answer session, demonstration by tutor and practical experience for learners

### What do I need to bring / have ready?

Completed Health Questionnaire, pen, pencil, notepaper, drinks and a packed lunch. Small cushion, wet wipes, towel and small bottle of either Grapeseed oil or Almond Oil.

### Further support and progression

If you need help whilst on a course with us, our Learner Support Advisor is available to discuss your needs. We offer a range of services, subject to eligibility, which can include practical support and/or financial assistance to ensure you feel fully supported while learning with us. For more information contact [alsreferrals@northnorthants.gov.uk](mailto:alsreferrals@northnorthants.gov.uk) or call 01536 535809 (answerphone available). Visit our website [www.northamptonshire.gov.uk/course-info](http://www.northamptonshire.gov.uk/course-info) for further information about our fees and concessions. Your tutor will inform you of further learning opportunities and progression during your course.

### Health and Safety / Online Safety

Your tutor will give you information about Health and Safety on the first session. For information on how to keep safe online, go to [https://safety.lovetoknow.com/Internet\\_Safety\\_Adult](https://safety.lovetoknow.com/Internet_Safety_Adult) and <https://takefive-stopfraud.org.uk/> national awareness campaign. To report suspected scams, or for information on preventing scams, call the Citizens Advice on 03454 04 05 06.

### Further information

Nails should be short for practical work. In order to show progression throughout the course, it may be necessary to use video or digital cameras during the lesson. Your course induction should cover any further information you may require. Also, handouts are available on <http://www.nals.org.uk/learner/>.

Completion of the Complementary Health Questionnaire is mandatory prior to the start of your course. Please take the completed form to your first session.

**Northamptonshire Adult Learning Service work in partnership with National Careers Service advisers who can provide information, advice and guidance on skills, learning and work. National Careers Service can be contacted by telephone 0800 100 900 or text your name and the word ADVICE to 07766 413219 and an adviser will call you back for free or go to <https://nationalcareersservice.direct.gov.uk/>**

