



# **Indian Head Massage for Special Needs: Easy-to-Learn, Adaptable Techniques to Reduce Anxiety and Promote Wellbeing**

*Giuliana Fenwick*

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## **Indian Head Massage for Special Needs: Easy-to-Learn, Adaptable Techniques to Reduce Anxiety and Promote Wellbeing** Giuliana Fenwick

This complete manual introduces unique Indian head massage techniques to help reduce feelings of stress and anxiety, calm sensory overloads, improve sleep patterns, ease frustration and boost mental, physical and emotional wellbeing in people of all ages with special needs, including Autism Spectrum Disorders. The book provides everything you need to get started, including:

- A full, step-by-step, illustrated massage routine
- Essential tips on how to create the perfect environment and how to approach clients with special needs
- Detailed case studies
- Information on anatomy, physiology and the complementary approaches to the body
- Supplementary information on essential oils

Developed by Giuliana Fenwick through work with her son, and extensively trialled in schools and specialist colleges, this tailored Indian head massage is perfect for anyone looking to provide additional support to people with special needs, including parents and carers, teachers, teaching assistants and other school staff, complementary therapists and any other professionals working with people with special needs.

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