

Personal Grooming & Dressing

Scalp Massage, Shampooing and Conditioning



Class VII

Beauty and Wellness



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PREFACE

स्वस्थस्य स्वास्थ्य-रक्षणं, आतुरस्य विकार-प्रशमनं
-कथ्यते आयुर्विज्ञानम् ।

*(... Ayurveda Science aims at maintaining good health
in mind and body)*

The ancient science of Ayurveda, is referred to as ‘*The Science of Life*’. The benefits are immeasurable. It addresses the root cause of all bodily problems and provides holistic remediation. Healthy hair and scalp hygiene are integral to a well-groomed personality. To achieve this, a good hair care regime is required which includes warm oil scalp massage, traditionally known as ‘*champi*’. This enhances hair growth, reduces hair fall, improves hair density, lustre, and thickness.

Scalp massage treatments are both preventive and curative. The scalp can be healed by good Oleation Therapy (*Snehan*). Hair oils not only hydrate hair, but also nourish it with vitamins and minerals required for growth. They aid in balancing the vital energy which serves as the catalyst for all bodily functions. Head massage lubricates the scalp, conditions the hair, promotes root flexibility and induces restful sleep.

This graphic novel unfolds the therapeutic and healing effects of scalp massage, from promoting deep relaxation to curing hair loss, stress and insomnia. Details about various essential and carrier oils are also highlighted. So, let’s savour the goodness of Ayurveda and rejuvenate ourselves with its overall benefits.



LEARNING OBJECTIVES

Students will be able to:-

1. Describe the importance of scalp massage as a therapeutic practice
2. Identify and choose a specific essential and carrier oil as per their hair care quality
3. Enlist various advantages, side effects and after care Procedures related to scalp massage
4. Evaluate the causes & remedies of various scalp issues
5. Prepare a list of recommended practices for healthy scalp
6. Assimilate information in making informed choices while selecting a good shampoo and conditioner
7. Apply their knowledge of shampooing and conditioning to their grooming routine
8. Demonstrate the step-by-step process of scalp massage, shampooing & conditioning

CHARACTERS

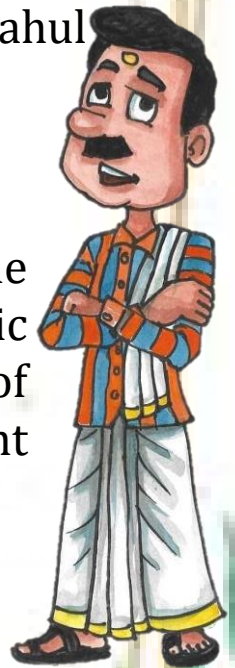


Rahul - A young boy who likes to spend time with his family. He is fond of travelling. He is also curious to know about Indian traditional therapeutic practices.

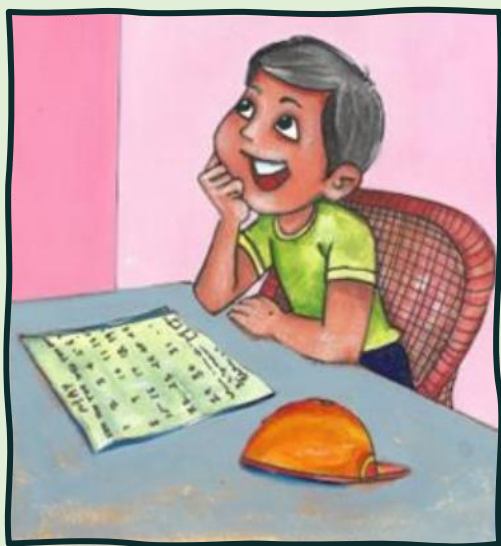


Father (Mr. Murthy) – He is a fit and healthy man. He shares a close bond with his son, Rahul and introduces him to Naturopathy.

Mr. Somnath – A Massage Therapist at the Naturopathy Retreat. He is an Ayurvedic practitioner who is skilled in various types of head massages and guides people on treatment of hair and scalp problems.



A French tourist (Ms Jody) – She has heard about the benefits of Ayurveda as a holistic healing system and visits the Retreat to seek solutions for her hair problems.

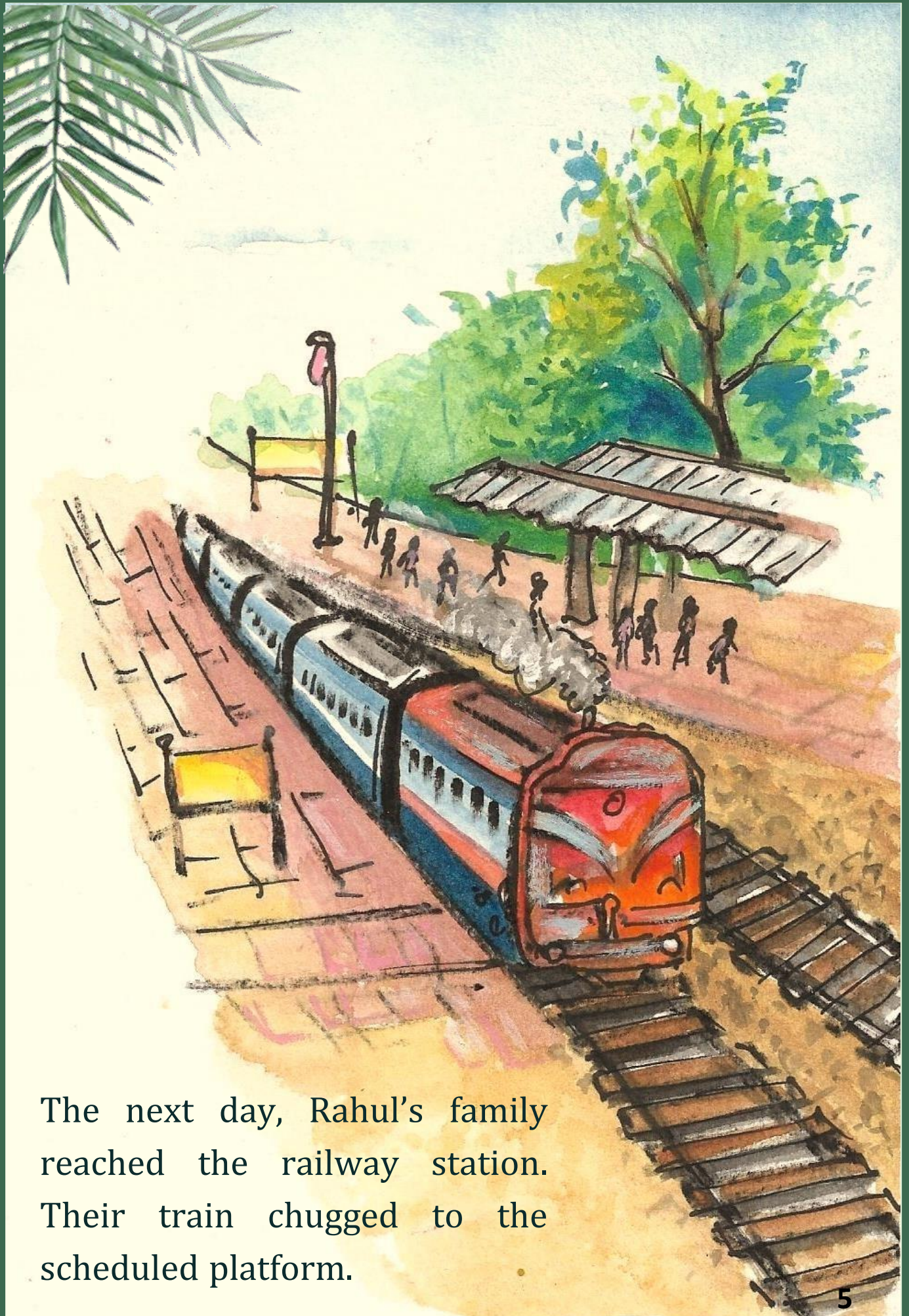


Come summers! The annual exams were over and vacations about to begin. Rahul was excited planning for the much awaited sojourn.

Plans were in place, train bookings confirmed, bags packed....the entire family was headed to a unique holiday destination.

“This year, we are not going to a hill station or to a jungle safari.... but a Naturopathy Retreat in the backwaters of Kerala”, said Mr. Murthy, Rahul’s father.





The next day, Rahul's family reached the railway station. Their train chugged to the scheduled platform.



While the elders of the family boarded the train with luggage and occupied their reserved berths, Rahul rushed to the window seat.



The chaos, the clamour, the hustle bustle of passengers, the vendors selling wares, the *chaiwala's* inviting sound, people crowding the bookstall..... all these sights and sounds were a treat to Rahul. His excitement knew no bounds.



The joy of moving forward, the thrill of speed, the hooting sound, the passing scenes made the train journey charming & unmatched.



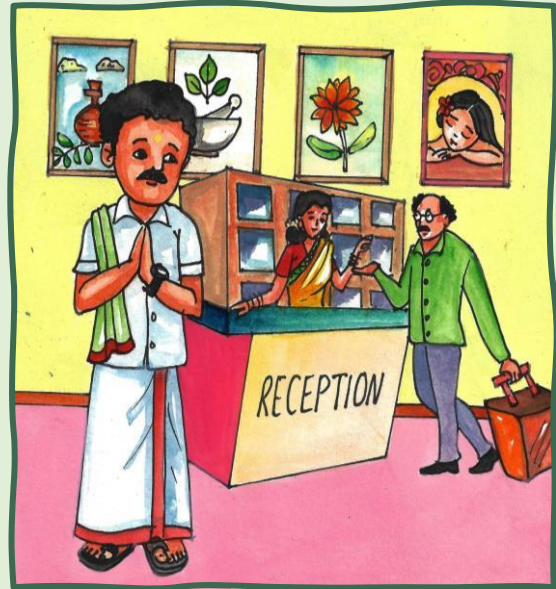
The cool breeze, green pastures are incredible!



That night, they relished the *aloo paranthas* and pickle packed lovingly by mother. They cleaned the berths after dinner, spread the sheets, and readied themselves for a restful night's sleep. "*I will take the top berth, Mother. I'll read a bit about the Retreat and what all it has to offer,*" said Rahul.



The next day they reached their destination and were greeted at the gate of the Retreat by the staff on duty.

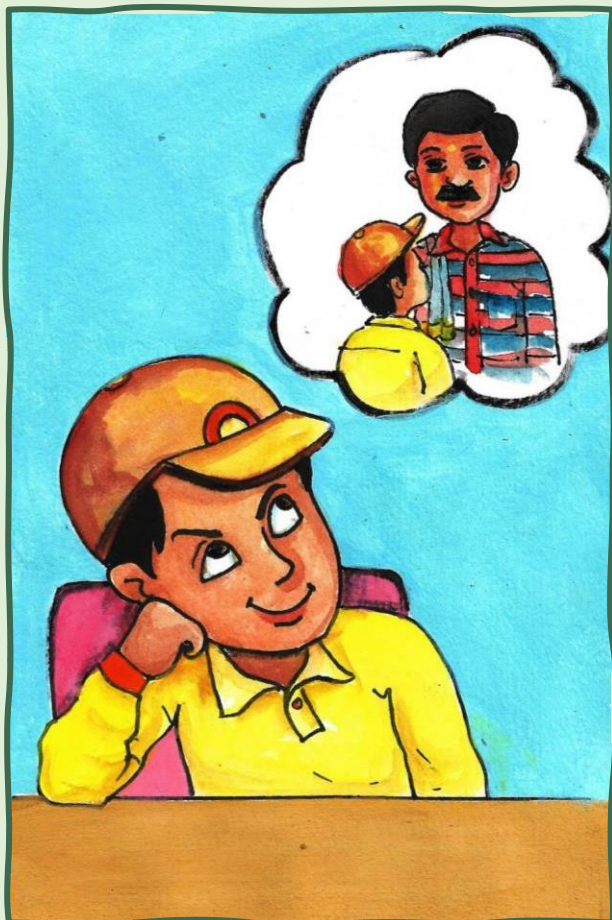


They were allotted their rooms and were given a brochure of the amenities and schedule of activities that had been meticulously planned for the next five days.



While walking in the lobby, Rahul glanced at the informative posters and was amazed to see the wonders of Ayurveda and indigenous traditional grooming methods that included head massage, scalp treatments, hair care and herbal oils.

He was intrigued and decided to fix an appointment with Mr. Somnath, the massage

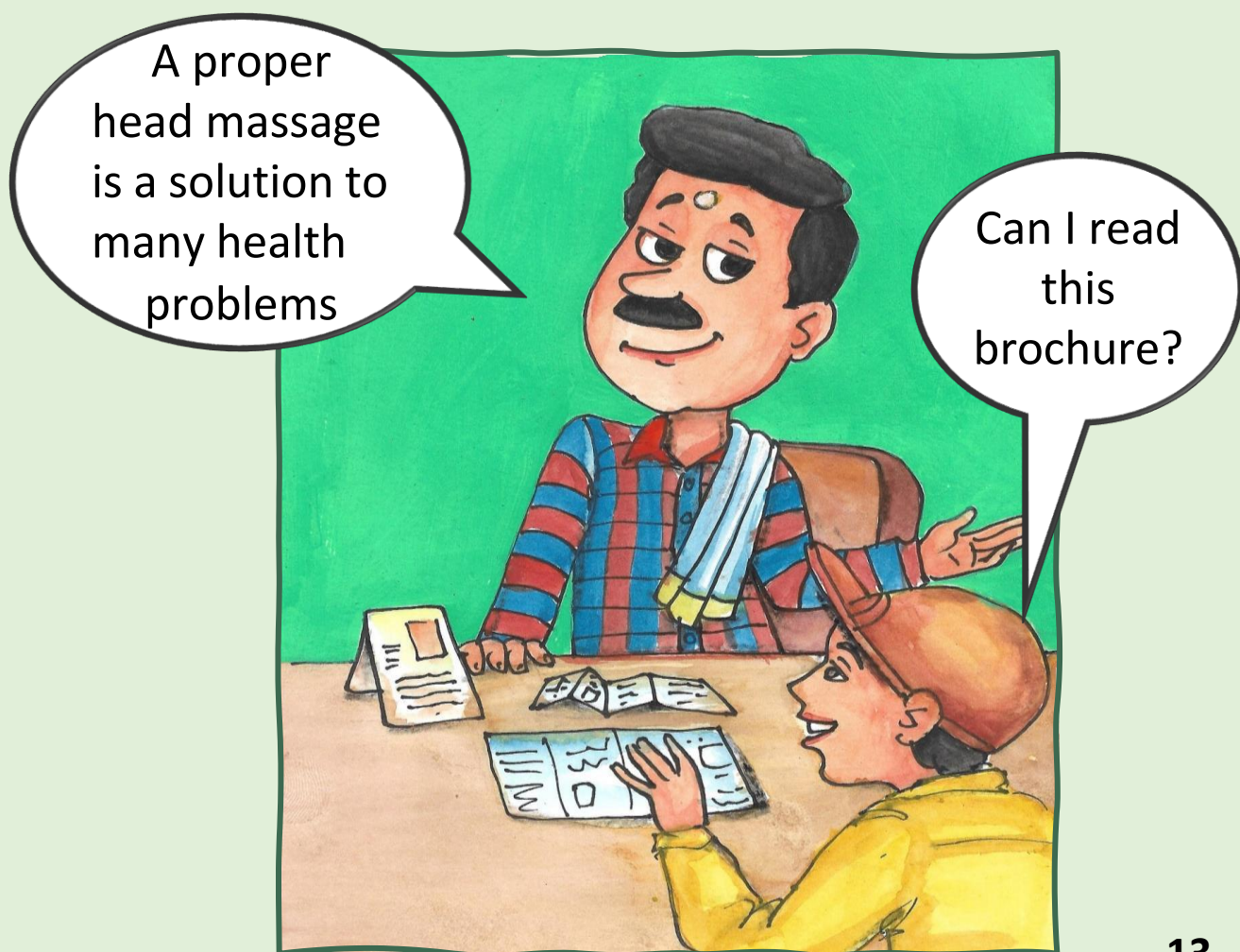


therapist to seek solution for his itching scalp. He decided to take his father along with him.

Early next morning, they were guided by the staff on duty to head towards the Massage Room. Mr. Somnath, the Massage Therapist, greeted them and in good humour called his workplace as '*Champi Kaksh*'.



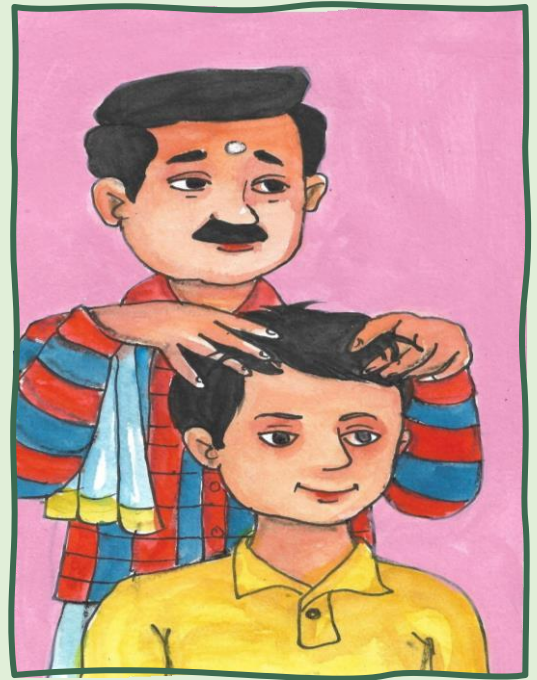
He patiently explained to Rahul, “Massaging the scalp increases blood flow to the hair follicles which in turn speeds up distribution of nutrients and oxygen and stimulates the waste disposal system that helps in eliminating toxins from the body. Rubbing the scalp with oil at particular pressure points helps in production of sebum that nourishes and protects all hair parts. It relieves tension and stress and induces a state of calm and peace.”



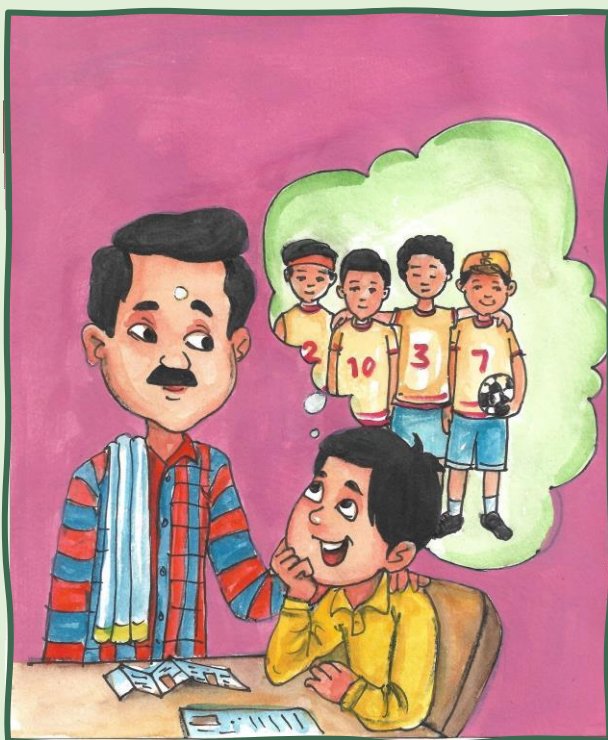
Mr. Murthy added, "Rahul, the head and the hair are extremely sensitive because they have a lot of nerve endings. When oil is massaged on the scalp, it penetrates the skin, softens the hair, prevents hair loss and premature greying. I say this with personal experience, because when I was a child, my mother was very particular about the head massage ritual every week. Till date, I have healthy, manageable hair."



Mr. Somnath examined Rahul's scalp and said, "Rahul you have a very dry scalp. A soothing head oil massage is the best therapy for you. I recommend lavender or chamomile oil."

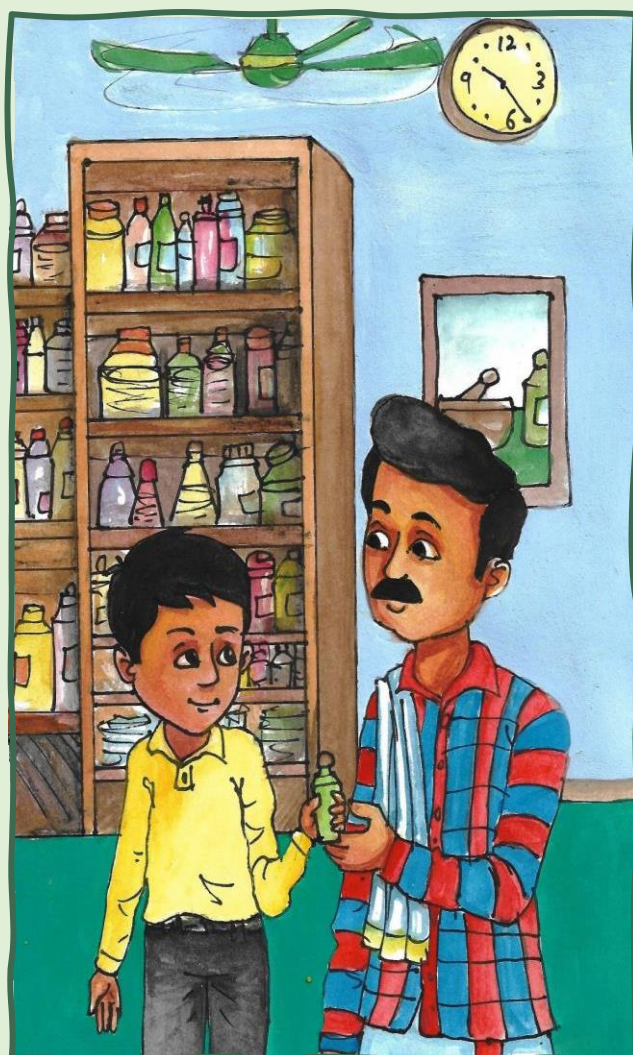
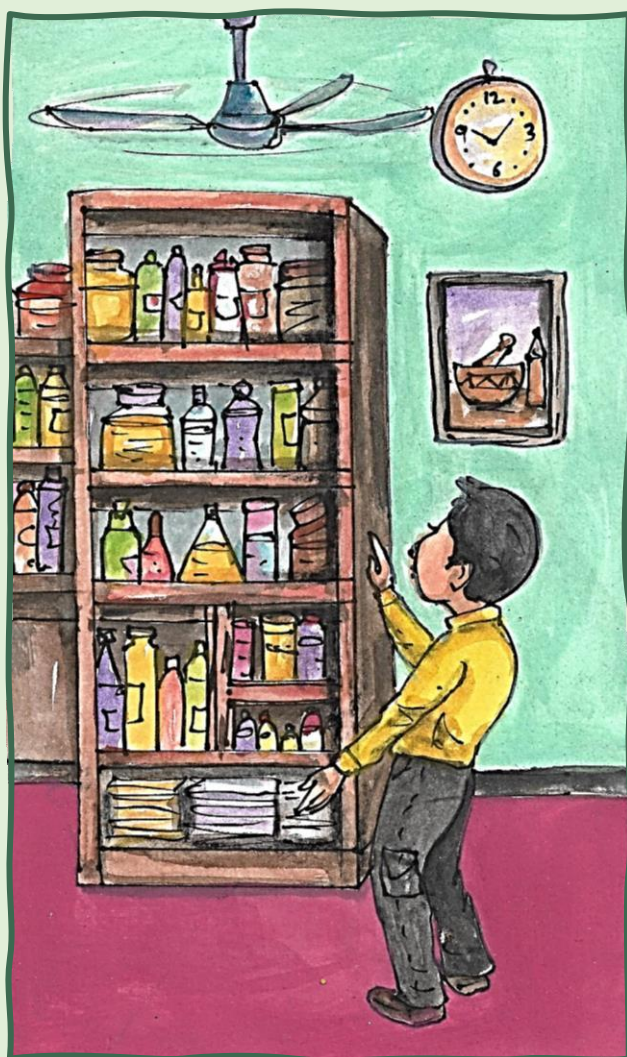


If there is dandruff, you can also use lemon oil or tea tree oil. It seems your hair is exposed long to sun and harsh weather, is it so?" Rahul replied, "Yes uncle, I am in my school football team and we practice a lot in the afternoons."



Mr. Somnath assured him and said, "Sports and games are important for your physical and mental fitness, so don't stop playing. Regarding your dry scalp, I will help you cure it."

Rahul is enamoured seeing the colourful oil bottles neatly stacked and labelled on the shelves. The mild pleasant aromas filled the air in the room, giving it a distinct aura. He took out a bottle that was labelled 'Lavender Oil' and asked Mr. Somnath if he could apply this oil on his scalp.



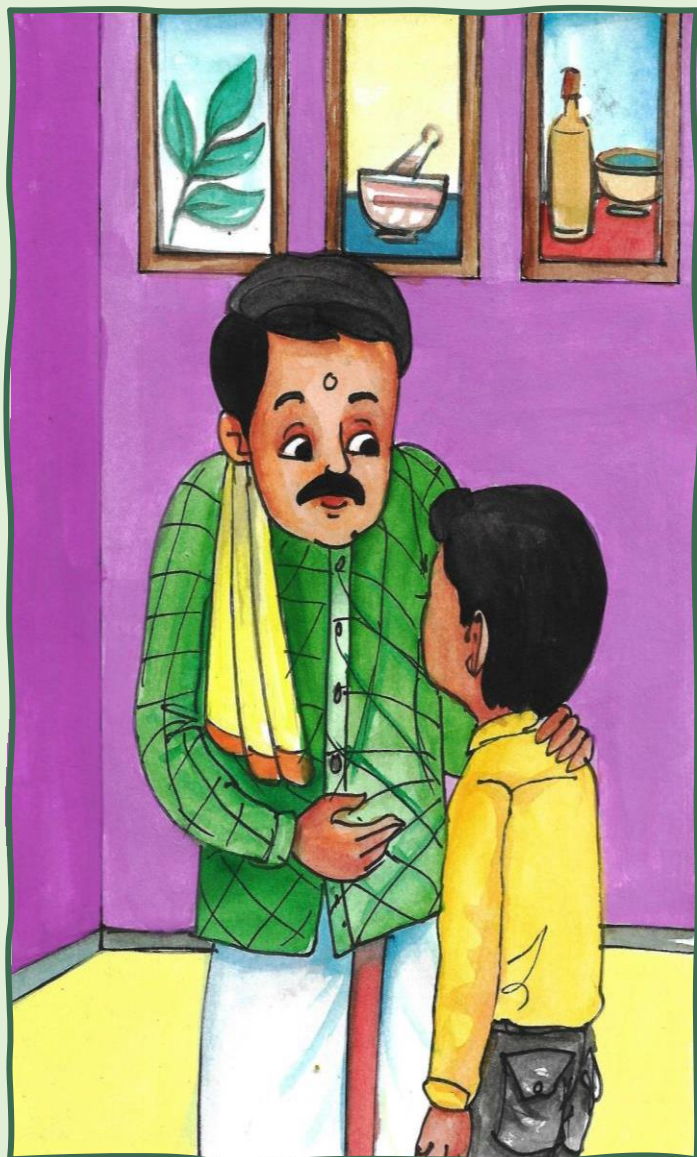
Mr. Somnath replied, “No, my dear, you shouldn’t apply undiluted essential oils directly on your scalp. Instead, add 8 to 10 drops of the essential oil to about 2 tablespoons of a chosen carrier oil. Mix them well and apply gently on the scalp.” Quipped Rahul, “Why do we mix oils? And, what is the difference between an essential oil and a carrier oil?”

Mr. Somnath replied, “Essential oils relax your mind and body with their scent. They can be chosen in accordance with your hair care needs. For example, rosemary oil reduces greasiness in hair, whereas peppermint oil has a cooling effect and stimulates hair growth.

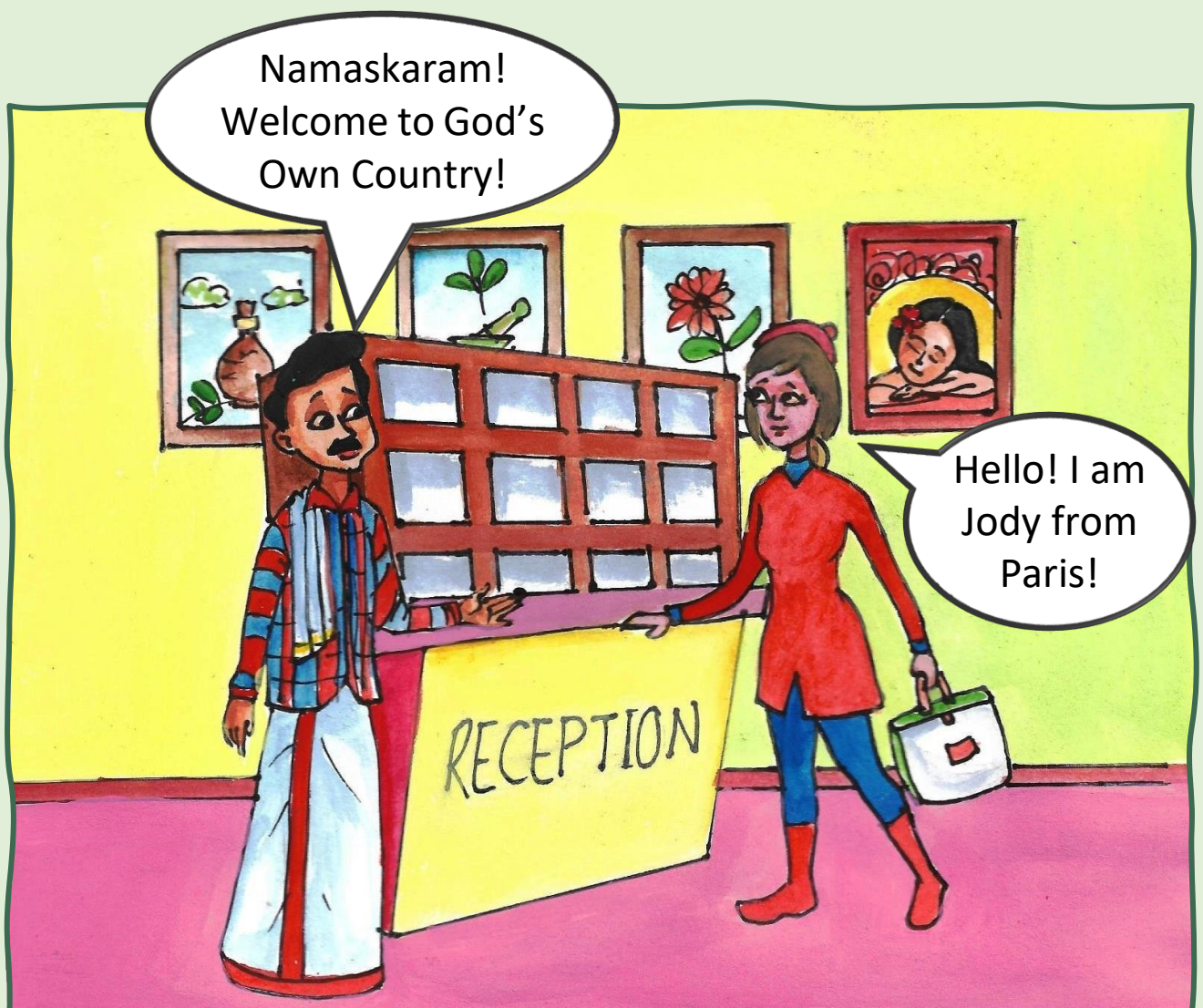


Carrier oils on the other hand is a base oil. It is great for combating dandruff and thickening of hair. You can use coconut oil, castor oil or olive oil with any of the essential oils.” During this conversation, Mr. Murthy keenly watched the display board on the wall that explained through pictures the procedure for a proper head massage.

“Rahul, after the head massage, you should take enough rest. Drink plenty of water and fluids to rehydrate the body. This will also help to flush out toxins. Leave the oil on the scalp for at least two hours before shampooing”, said Mr. Murthy.



Just then, a foreign tourist, Ms Jody walks in towards the counter. She starts a conversation with Mr. Somnath, "Hello! I have heard a lot about the age old Ayurvedic treatments at your centre from the internet. I have specially come here to seek treatment for my dry damaged hair. It lacks lustre and becomes unmanageable and also gets entangled."



“Don’t worry Madam, you have come to the right place. The correct procedure for shampooing and conditioning will improve your hair quality. I will suggest a shampoo that is formulated specifically for your hair type. It contains the required vitamins, oils, minerals and botanical extracts that will stimulate hair follicles.



These shampoos have a base of natural oils like Jojoba, Almond, Lemon grass, Ginseng, Lavender and Prickly Pear. Choose the shampoo with care because your hair is also professionally coloured. The product that I will suggest is not harsh”, explained Mr. Somnath to Jody. “I will also recommend a conditioner that will improve your hair quality by strengthening the hair follicles. It will reduce dryness and give the hair a smooth shiny appearance. You have to leave it on after shampooing for a few minutes and then wash it off with water”, added Mr. Somnath.



Rahul keenly heard this conversation. All this was new to him. He realized the value of the traditional legacy of Ayurveda that attracted people across the globe. He decided to send postcards to his friends from the Retreat telling them of the ancient practice of treatment which alongwith the benefits of modern science can be a panacea for all health problems, be it physical or mental.



He happily entered the cubicle and sat on a comfortable chair. He waited for the therapist who examined his scalp for lesions and abrasions. The therapist gently disentangled the hair. He began the massage from the neck to the eye area, then the forehead and temples in circular clockwise movements. All this while, he applied light pressure on the nape and the pressure points.

Relax, close your eyes and let me rub warm lavender oil on your scalp!



It was such a soothing and relaxing moment. It brought a beautiful smile on Rahul's face as he went into restful sleep with the words, "Aha! What bliss!"





Did you know?

- ✦ The Indian name of Ginseng is Ashwagandha.



- ✦ Rosemary is known as Gulmehendi in Hindi.



- ✦ The white flowers of Chamomile are used to extract oil.



- ✦ Castor oil is known as *Arandi ka tel* in Hindi.

- ✦ Tea tree is not actually a tree, but an evergreen shrub.



ASSESSMENT

SECTION – A

Q1. Fill in the blanks –

- A. Massaging the _____ increases blood flow to the hair follicles.
- B. Headaches and _____ can be relieved by head massage.
- C. Plenty of water should be consumed to flush out _____ from the body.
- D. _____ can relax your body and mind with their scent.
- E. Shampoo word is derived from _____ which means relaxing massage.
- F. _____ is skin's natural oil.

Answers – A (scalp), B (migraines), C (toxins), D (essential oils), E (champoo/champi) F (sebum)

Q2. Choose the correct answer –

- 1. Rubbing the scalp with oil at pressure points helps in production of -
 - a. salts
 - b. sebum
 - c. tears
 - d. sweat
- 2. Tea tree oil is the best remedy for-
 - a. split hair
 - b. lice
 - c. grey hair
 - d. dandruff



3. The main purpose of shampoo is to-
 - a. cleanse hair
 - b. moisturise hair
 - c. relax hair
 - d. remove stress
4. Lemon grass, Ginseng, Jojoba used as a base in shampoos are called-
 - a. lotions
 - b. diffusers
 - c. natural oils
 - d. vegetable oil

Answers – 1 (b), 2 (d), 3 (a), 4 (c)

Q3. Unscramble the following words: -

- a. hsmapoo
- b. msieultat
- c. stlreu
- d. lioclfles
- e. ygernig

Answers – a (shampoo), b (stimulate), c (lustre), d (follicles), e (greying)

Q4. Match the oils with their benefits: –

| Oil | Benefit |
|-------------------|----------------------------------|
| a) Peppermint oil | moisturizes dry scalp |
| b) Chamomile oil | gives a cooling effect |
| c) Coconut oil | thickens your hair |
| d) Castor oil | reduces dandruff |
| e) Lavender oil | soothes hair, good for itchiness |

Answers – a (gives a cooling effect), b (soothes hair, good for itchiness), c (reduces dandruff), d (thickens your hair), e (moisturizes dry scalp)



SECTION – B

Q4. Answer briefly: -

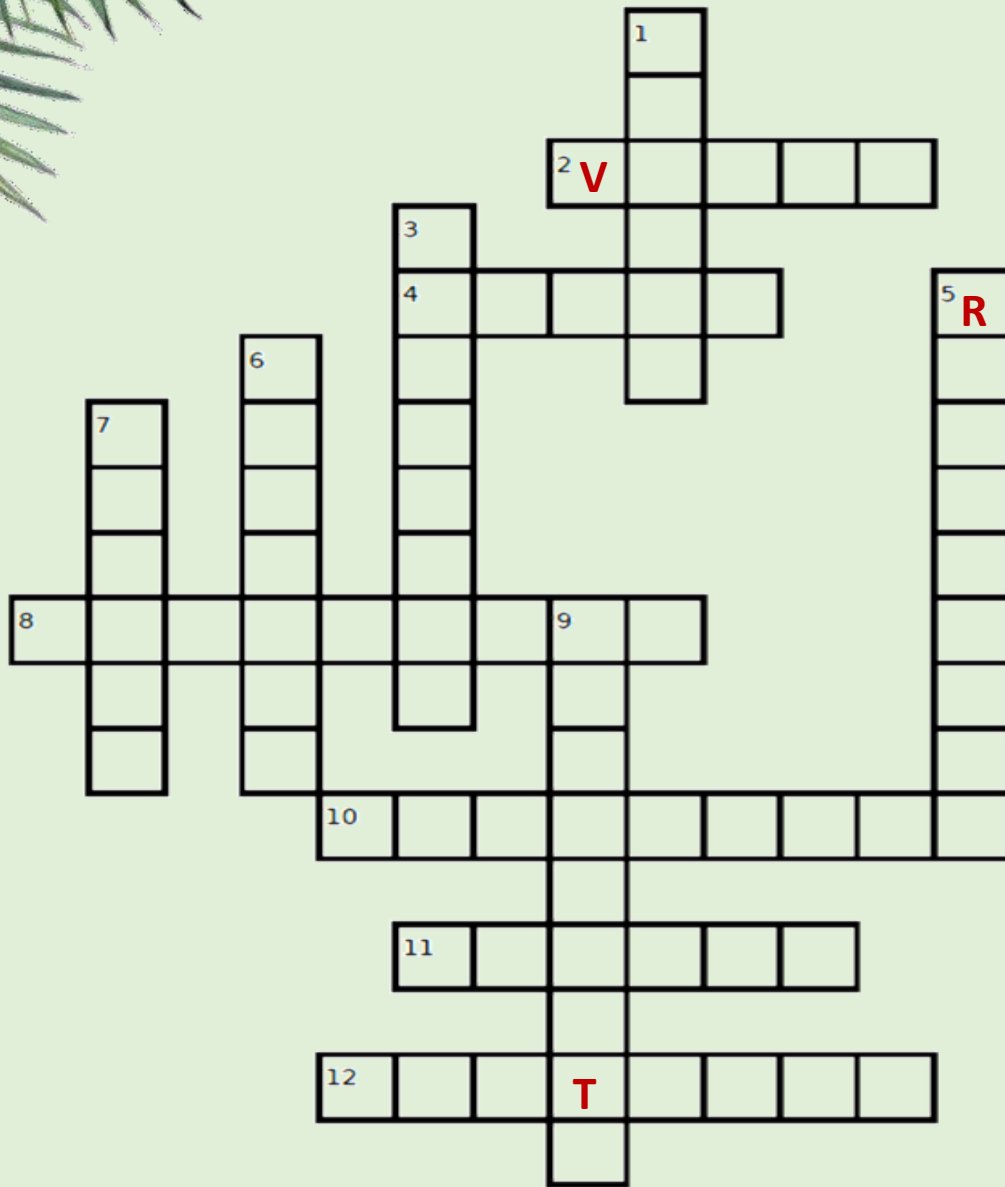
- a. Why is scalp health important?
- b. Why shouldn't we use undiluted essential oils directly on the scalp?
- c. How does a conditioner help in managing hair?
- d. What are the things we need to keep in mind after a session of oil massage?

Q5. Let's do this: -

- a. Write a letter to your friend explaining the correct method of shampooing and conditioning of hair.
- b. Conduct a survey and find out various shampoos and conditioners available in the market. Make a comparative account of their ingredients.
- c. Make your own little Picture Book on natural oils.



CROSSWORD



Down:

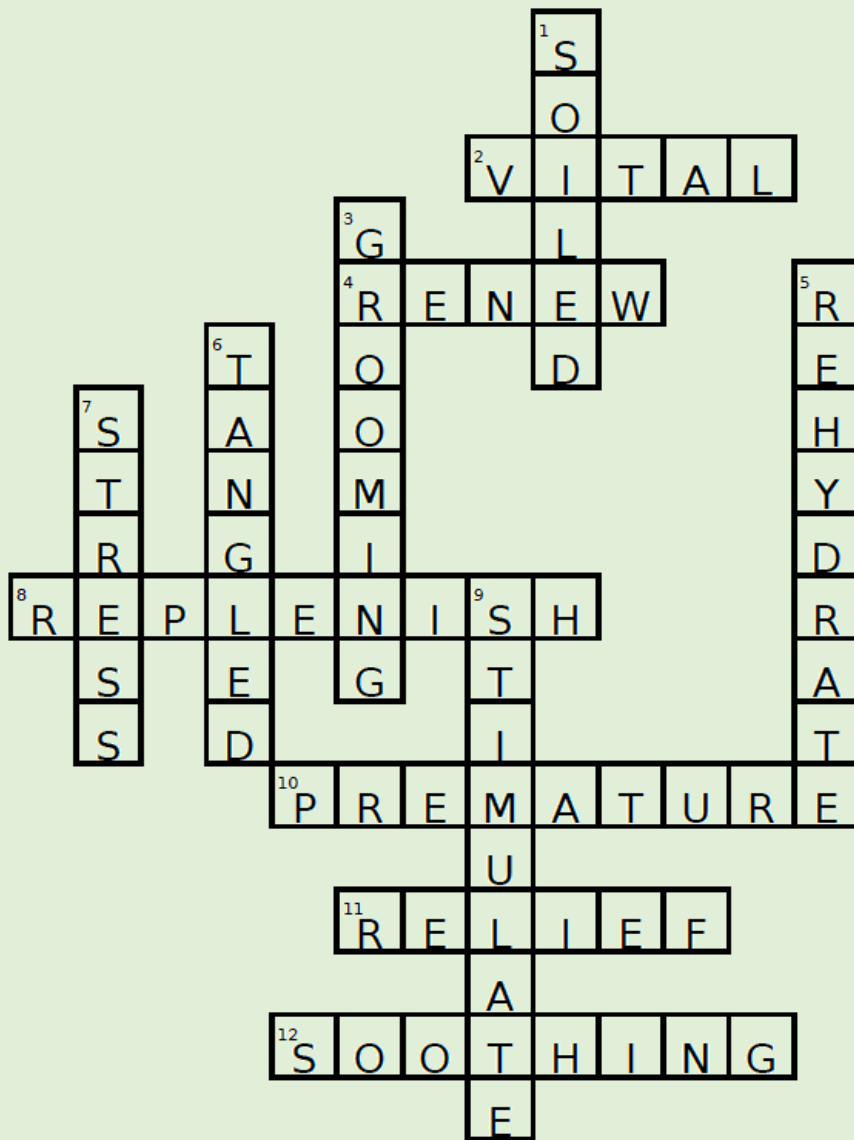
1. Dirty
3. Activities to keep oneself clean and presentable
5. Antonym of dehydrate
6. Twisted mass of things
7. State of physical or mental strain
9. Cause to occur rapidly

Across:

2. Essential or life saving
4. Regenerate in a new form
8. Make it full or complete
10. Too soon or before time
11. Respite
12. Relaxing



CROSSWORD – ANSWER KEY



Down:

1. Dirty
3. Activities to keep oneself clean and presentable
5. Antonym of dehydrate
6. Twisted mass of things
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Across:

2. Essential or life saving
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ROLL THE DICE GAME

Small Talk, Scalp Talk....Let's Talk!



| | How often do you shampoo your hair? | What is the purpose of using shampoo? | Why should the massage oil be warm? | Indian massage is based on which healing system? | Is the plant Ginseng grown in India? | Can tea tree oil minimize dandruff? |
|--|--|--|--|--|---|--|
| | What is the colour of the shampoo that you use? | What is the name of the commonly available oil in your locality? | What does the word 'toxin' that appears in the story mean? | Peppermint oil comes from which part of the plant? | Which hair oil does your family purchase? | Do you use a conditioner after shampooing? |
| | Give a synonym for the word 'scheduled' that appears in the story? | Chamomile oil solves which hair problem? | Is Jojoba Oil available in your local store? | What does massaging the scalp lead to? | Give the antonym for the word 'meticulous' that appears in the story? | Rahul suffered from which hair problem? |
| | What is the difference between the two words – 'Carrier' and 'Career'? | Have you seen a rosemary flower? | Are there any side effects of head massage? | The fragrance of which oil do you like? | Why should conditioner be kept on the scalp? | How does a conditioner benefit dry hair? |
| | Give two examples of essential oils. | How long should you keep a conditioner on the hair? | The word 'indigenous' has how many vowels? | Which shampoo do you use? | Do you dilute shampoo before application? | Which stimulants should you avoid after a massage? |
| | Conditioner should be applied on the scalp – True / False. | Oils are generally kept in what? | Why should you drink plenty of water after a massage? | Is your hair oily, dry or normal? | Why should oily hair be frequently shampooed? | Why is oiling the scalp essential? |

How to play this conversation game:

- Play with a partner, a classmate or a friend
- Roll the dice. Ask your partner the question in the box that corresponds to the number on the top face of the dice
- Your partner answers the question that appears on the box
- Take turns until play time is over

GLOSSARY

| S.No. | WORDS | MEANING | USAGE |
|-------|-----------------|--|---|
| 1 | Therapist | Trained professionals in a specific field or service | After the car accident, Mohit went to see a physiotherapist. |
| 2 | Tranquillity | State of peace and calm | The children enjoyed the tranquillity of Mother Nature. |
| 3 | Migraine | A headache that causes severe throbbing pain | Surbhi's mother visited a doctor to identify the cause of her migraine. |
| 4 | Pressure Points | An area on the skin that is highly sensitive to pressure | One must know the correct pressure points to administer a therapy. |
| 5 | Insomnia | Inability to sleep | Insomnia may occur due to stress and an overactive mind. |
| 6 | Congestion | Stuffy feeling | Chest congestion is the result of inflamed air passages. |
| 7 | Spondylitis | Inflammation of joints and ligaments of the spine | Spondylitis is a chronic form of arthritis. |
| 8 | Abrasion | Damaged area on skin or an open wound | He had a minor abrasion on his back after the fall from the stairs. |
| 9 | Lesion | Any localised abnormal structure in a body part | She underwent surgery because of serious lesions in her abdomen. |
| 10 | Cuticle | Outer layer of skin | Tiny hair on the cuticle act as a lubricant. |
| 11 | Split Ends | When the ends of the hair become dried and frayed | Split ends are the result of dry and brittle hair. |



SUMMARY

The story is about a young boy, Rahul visits a Naturopathy Retreat set amidst lush green surroundings in the backwaters of quintessential Kerala. He is intrigued by the calm and serene environment of the resort. This holiday becomes a unique travel experience, as he gets an opportunity to explore the ancient science of Ayurveda and the finest massage therapies offered there.

Mr. Somnath, an expert ayurvedic practitioner takes him through a guided session on scalp massage, shampooing and conditioning, which unveils the need and importance of self-care and grooming. Furthermore, he introduces him to various essential and carrier oils that are curated as per their virtues and therapeutic benefits. The experience of the refreshing head massage transports him to a world of relaxation and tranquility.

Through this trip, he also discovers that people all across the globe flock to India to seek ayurvedic treatments. A French tourist, Ms Jody visits the Retreat to find treatment for her damaged hair. She gets deep insight into the world of hair care and scalp health through Mr. Somnath.

He goes back home cherishing the memories of the beautiful trip. It is indeed a blissful journey of wellness and relaxation for Rahul and his family who discovered the traditional legacy of Ayurveda as a gift to humanity.



DISCLAIMER

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Massage isn't just a luxury,
it's about promoting
wellness within yourself!

