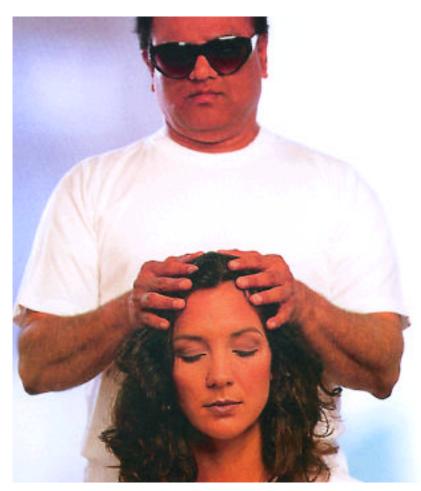
## **GIBRALTAR CHRONICLE**

COSTA COLUMN

## WITH GILLAINE HATHAWAY

## Indian head massage comes to the Costa del Sol

Narendra Mehta, well known in London as the man who introduces Londoner's to the beneficial effects of the are of India Head Massage, will be visiting the coast from the 12 March. During the time he will have five two day workshops at the Marbella Beauty college on the March 13th and 14th and will give advice and treatment at selected salons along the coast in Malaga, Funegirola, Elviria and Nueva Andalucia on the 12th, 15th, 16th and 17th. His visit has been organised by Christine Shaw an equally well known London name in beauty some tow decades ago.



Christine opened her Beauty college in Marbella just over four years ago and just over four years ago and went on to make a name for herself on the Costa del Sol, training many of the coast's beauticians. Ever innovative she has gone on to introduce the latest advances I health and beauty, such as the techniques of Narendra Mehta.

Head Massage is an ancient art that has been practised in India fro over a thousand years by believe women who that massaging their heads with natural oils, keeps their long hair in a healthy and lustrous Though blind since condition. the age of one, Narendra who is a qualified osteopath, physical therapist and reflexologist, not only says were they are right, but the techniques are also an invaluable treatment for the stress linked troubles of modern life. Mehta's style of massage dispels tension resulting in a relief of headaches, eye strain and muscle knots. It soothes, comforts and in accordance with Eastern medicines most rebalances energy flow leaving the client with a feeling of peace and tranquillity.

Narendra Mehta