

A Health Massage Chair

Health massage chairs are advancing rapidly every year. It seems that more features are being added at lower cost. This would follow the normal technology cycle.

July 6, 2010 - [PRLog](#) -- One of the best investments we can make is in our health and well-being. There are many different elements to a holistic health plan. One area often overlooked is that of massage therapy and relaxation. This can be conveniently received in-home with a health massage chair. Health massage chairs are always available to fit your schedule especially in times of stress. We take a look at some of the important elements and benefits of health massage chairs.

Chiropractic Health: Many people are sitting long hours and must perform many repetitive tasks. Although each of these tasks is light-duty, the summation can cause aches, pains and discomforts. Massage chairs are utilized in chiropractic environments to provide traction for the spine and other parts of the body. Massage therapy is commonly targeted at patient's areas of stiffness.

Degenerative Disc Disease: Those with degenerative disc disease experience pain and stiffness in the lumbar area. Many of these sufferers have turned to massaging recliners to help alleviate and reduce stiffness and tension. Specialized programs and massage movements are used to gently loosen tight muscle areas.

Fibromyalgia: There is chronic pain and stiffness associated with fibromyalgia. There also is no known cure for this situation. Many sufferers are utilizing massage chairs to help relieve pain and suffering. An easy to use remote control allows the user to target specific areas of the body for relief.

Edema Sufferers: People who have edema experience swelling in the lower legs. Today's massage chairs are equipped with air compression massage. Specialized programs help to enhance blood flow in the calves and feet. Also many of these recliners have a zero gravity feature allowing the legs to be higher than the heart. This helps blood flow and reduces swelling in the legs.

Foot Reflexology Massage: Many of us are on our feet all day. Combine that with tight leather shoes and by the end of the day your feet are sore. What feels better than a foot reflexology massage? Specially designed reflexology plates target the trigger points in the soles of your feet. As your feet are relieved with a gentle compression massage, the major organs are relaxed by stimulating the trigger points.

Hawaiian Massage: If you are not able to make it to Hawaii, then let a Hawaiian massage come to you. This relieving massage treatment famous from the islands is now available in many massage chairs. This is a great way to relieve and loosen tight muscles of the back and shoulders. A variety of techniques and movements are programmed into a health massage chair to deliver soothing relief.

Health Benefits: Many of us forget about the health benefits of simple things like relaxation. Our bodies need relaxation as part of their normal cycle. Massage therapy and other therapeutic treatments provide a variety of health benefits. Health massage chairs can provide you with reduced pain, relief of tension, improve blood circulation, invigoration and relaxation.

Health Massage Chairs: There are a number of manufacturers providing therapeutic massage chairs. The top manufacturers are Panasonic, Omega Massage, and Sanyo Electronics. These companies offer advanced technologies and sophisticated software programs to deliver effective massage treatments.

Massage Treatments: There are hundreds of variations of massage programs contained in these massaging recliners. Most of the famous techniques such as Swedish, shiatsu, reflexology, deep tissue and Hawaiian are available at the touch of a button. This gives you a wide variety of treatment options to address your changing needs.

Relaxation: The counterbalance to activity is rest and relaxation. It is important to clear our minds and relieve our bodies. This is part of the cycle of good health. When our body becomes out of balance, then stress and tension reign supreme throughout the body. It must be counteracted. And a great way to do it on an ongoing basis is with a massaging recliner.

Shiatsu: One of the more popular techniques is from Japan. Its most famous technique is the shiatsu massage. A variety of specialized movements are required to replicate this unique massage treatment. Now technology has made it as simple as pushing a button.

Visit us online at: <http://www.zerogravitymassagechair.net/>

--- End ---

Source	Wendy Coeyman
City/Town	Atlanta
State/Province	Georgia
Zip	30301
Country	United States
Industry	Business
Tags	Antique Barber Chairs , Reiki Tables , Black Glass Table
Link	https://prlog.org/10778217



Scan this QR Code with your SmartPhone to-

- * Read this news online
- * Contact author
- * Bookmark or share online