

Home massage chairs are beneficial

Question: Are home massage chairs beneficial and how do I choose the best one?

Answer: Investing in an at-home or office robotic massage chair is beneficial as both a therapeutic and relaxation device. Robotic massage chairs look similar to basic home recliners, but carry advanced internal motors that simulate human touch to provide a rewarding beneficial massage each time you use them. The technology today is much more advanced than it was in the days of rollers and vibrations. Today's chairs are engineered and sophisticated. Regular (even daily) massage can strengthen and tone the entire body, helping to prevent unnecessary strains and injuries that otherwise occurs due to excess tension. A single massage may be a soothing and delightful experience, but it's the culmative effects of regular, massage that offer the most benefit. Always test the chair in person to get a feel for your individual comfort.

Robotic chairs offer a variety of options and the more you can get usually the more diversified and rewarding treatment you will receive. Look for the following features. Rolling: this feels like the gentle hands of a massage therapist pressing firmly on one side of your spine, and then the other, as it relieves tension and loosens the muscles to prepare your back for deeper massage. Kneading: This feels like thumbs pressing firmly in a circular motion on both sides of the spine. This therapeutic motion goes deeper, lifting and stretching muscles to improve circulation. Compression: this feel like the heels of a professional therapist's hands firmly pushing on muscles alongside your spine

and inward, toward the spine itself. This mode aids in improving mobility and posture. Percussion: This feels like fists or the edge of the hands rapidly tapping on the back muscles. This flexes spinal joints, relieves pressure and invigorates your entire back. Effleurage: This feels like long soothing strokes: designed to flush the muscle belly and help lymphatic drainage. Lumbar traction: This feels like the back muscles are being gently flexed and then extended (stretched). Heat: Some tables include heat in the entire chair or sections to relax muscle and allow massage actions to be more effective.

Always check with your physician prior to purchasing a robotic chair because there are conditions that have contra-indications to usage.

Quote of the week: *“Men are all alike in their promises. It is only in their deed that they differ.”* – Moliere