

[Massage Chairs to the Rescue: Better Your Health with Massage!](#)

Taking good care of our bodies and having good health are certainly higher priorities for everybody. There is so little time, as we are all so busy, that we seem to neglect taking care of ourselves. The day to day pressures build up stress in our bodies and we need to find time to release these pressures and find balance again. Massage therapy has been around for centuries to reduce stress and promote health and wellness, but who has time to go to the day spa? This is where a massage chair can help.

Can a massage chair really help me out? The premier massage chair brands have developed an incredible array of therapeutic massage therapies in their recliners. Massage therapy manipulates both the skin and muscles which helps to relieve and alleviate aches, pain and discomfort. Furthermore, massage chair recliners can perform full body massages. From you feet to your head, today's massage chair got you covered.

What do the studies say about massage therapy? Massage therapy is effective in helping the following: relax muscles; reduce heart rate; increase blood flow and lymph flow; reduce stress; and improve range of motion of joints. Massage therapy is not just about something that feels good. It is about releasing the building up of stress. Remember stress is cumulative and constantly builds. Massage therapy is about periodic treatment. Diet and exercise are not one time events and neither is massage therapy.

OK, we know massage therapy is good for our health, but I just do not have the time. I love the day spa and it is wonderful for a great array of massage therapy. My only gripe is not having enough time to take advantage of it. By the time I go and get my wonderful treatment and come home, it took over 2 hours. Now, most of the time was heavenly bliss, so I am not complaining. It is just finding that amount of time (forget about money) to get the benefit. Now, a massage chair has one great advantage. It is always waiting for me with its tireless mechanical hands to relieve my daily stress.

The traditional massage at a day spa for a full body massage starts with a therapist covering one part of your body and then moving on to the next. If there are 5 major areas of coverage, then the massage therapist spends an average of 10 minutes on each area over a 50 minute massage.

The massage chair works in parallel. All 5 areas are receiving specialized massages at the same time. The total time of massage with a massage chair is just 10 minutes. There is a significant time reduction with a massage chair to deliver the same coverage of massage therapy. The massage chair can effectively massage the back, both legs and arms at the same time. Each area is getting massaged all at the same time. This is a lot of massage therapy at one time. But in essence, 10 minutes in the massage chair is equivalent to a 50 minute massage.

How can a massage chair help you? The big advantage of the massage recliner is availability. It is there when you need it. How hard is it to integrate massage therapy, when you can get a full body 50 minute massage in 10 minutes. But do not feel rushed! Go another 5 or 10 minutes. The relief from those aches and pains is invaluable. Get your health back in balance and integrate massage therapy into your total health routine. Stress is continuous, the solutions to counteract its effects must also be. A massage chair recliner can be that help you just can not get from anybody else!

About the Author

Your wellbeing is your future. Protect it with the [Best Massage Chair](#) for your holistic health. Research massage chair recliner brands from Sanyo, Panasonic and Omega. Peruse [Massage Chair Reviews](#)

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