

[Looking For a Massage Chair? What You Need to Know Before Buying](#)

1. **Define Your Needs:** Think about how the massage chair will meet your long term needs. There is a tremendous variety of choices of models, makes and features. Start with the areas you are looking for daily relief. Are there certain problem areas, you want to focus on? Next, match the areas with the type of massage that would be most effective. If you are looking for full body massage, see what massage therapy techniques you would enjoy most. If you know the massage types you want this will help get the best massage chair for your needs.
2. **Back Pain Relief:** Are you are looking for back pain relief? If so, what parts of your back is most important? Massage chairs have rollers that can provide full back, shoulder and neck coverage. Many have width adjustments to expand or contract the rollers. Also, the stroke length is important. The stroke length is the amount of travel the back rollers have when moving up and down the chair back. Typical stroke lengths are 23 inches to 31 inches. To get the proper coverage of the back define what areas are must haves for a shiatsu massage chair
3. **Massage Therapy:** Are you familiar with different massage therapy techniques? A little information here goes a long way. Many massage therapies are steeped in long traditions, such as Swedish or Shiatsu or Hawaiian. Deep tissue penetrates deeply into the muscle providing more thorough relief. Shiatsu uses kneading, chopping and acu pressure points to help reduce stress and induce relaxation. Hawaiian massage uses light stroking and swaying like waves gently lapping on your back. Try a massage chair recliner and find the ones you like most.
4. **Lower Body Massage:** Massage chairs have rapidly advanced the technology and effectiveness of lower body massages. Most massage chair concentrated really on the back, neck and shoulders. This was accomplished using rollers to imitate human hands. The lower body presents more challenges. These companies have developed a mechanical paddle system and air massage using air compression. Some chairs are mixed with both, but the best massage chairs use one or the other. The paddle system is limited to the calf areas. Air massage is much more flexible since the massage is delivered via air bags. These chairs have air bags for the arms, hands, feet, calves, thighs, hips, buttocks providing superior coverage.
5. **Warranty Coverage:** Warranty is your future protection, so it makes sense to know enough to get the coverage you require. Massage chair warranties include parts, labor, in home service vs. service center, and shipping expenses. Parts are what areas of the chair are covered and for how long. Labor is when technician time is involved, how much does the factory cover and how long? In home service is having a technician come to your house and repair the product. Finally, more companies are adding this service; make sure the manufacturer covers in home service. Also, shipping expenses for parts or for the entire chair is another factor to evaluate. Some companies are really strict and the chair must be in the original packaging or else you can buy the packaging from them! These are the main warranties areas to know about. Make sure you go with a known brand of massage chairs. I would hate to tell you the stories we have gotten from people who bought a fly by night outfit. One good test is if the massage chair company has retail accounts. If they do not, then who has leverage to make sure the warranty is honored? Most warranties cover parts, labor, in home service vs. service center, and shipping expenses. The difference is what they cover and for how long. Fortune 500 companies make you buy an massage chair industry. Compare warranties and costs and find the right protection for you.

Your health is your most important asset. Protect and enhance it with a daily massage. You now know enough to ask the right questions and start to find the best massage chair for you. This is a long term investment. Massage chairs are expensive and there is a tremendous variety to choose from for you needs. Shop around and look for the best deal. Evaluate the total cost of the chair including taxes and shipping. Take your time and educate yourself, so you get the perfect massage chair recliner.

About the Author

Continue your research for the [Best Massage Chair](#) for your massage therapy needs. Find the premier massage chair brands from Omega, Sanyo, AcuTec and Health Tec. Peruse a [Massage Chair Review](#) or article.

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