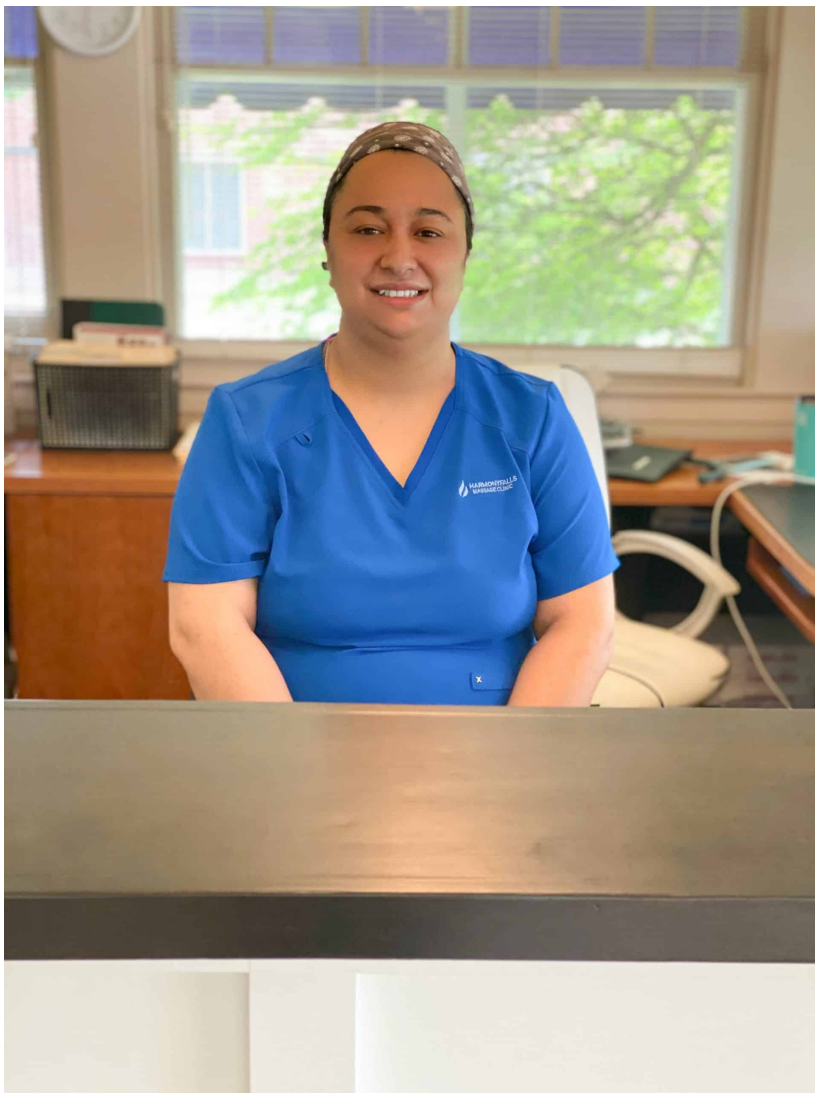


Massage Chairs - Most Popular Massage Treatments



Massage therapy has been practiced for hundreds of years. It is among the most popular complementary health practices. Today it is often used in rehabilitation programs as a method to ease stress and pain. As more people seek natural healing methods there are more massage therapies available is growing. Reflexology is one of the most popular methods of massage therapy.

Reflexology The practice of reflexology is a therapeutic natural process that involves careful stroking and kneading the soft body tissue to encourage inner relaxation and physical improvement. When the body is stressed massages can help ease tension and promote deep relaxation. A vehicle might have a massage function. Certain vehicles come with massage functions, while others provide seating. The seat massage feature could be helpful if you like the sensation of being pressed , but do not want to be seated while being massaged.

Systemic Immune System Fitness (SISF): One of the most obvious effects of massage is a boost in the immune system's fitness. Massage enhances lymphatic system's functions by increasing blood circulation to the skin cells. Massage also helps to reduce the accumulation of lactic acid in muscles, which reduces the risk for an athlete to experience muscle cramps. Massage can also ease pain and inflammation in the muscles, which can help relieve sore

muscles. Massage helps to flush out toxins in the body, including yeasts, bacteria, and other microorganisms that could cause illness.

Massage Therapy to relieve back pain: In some cases massage therapy may help alleviate lower back pain. It can also be used to alleviate acute back pain. There are three major massage therapy methods available that are available. They are Swedish massage therapy, deep tissue massage and trigger point therapy. These massage styles all aid in relieving back pain by restoring blood circulation to the tissues.

Swedish Massage Therapy: This massage style is soothing, relaxing and rejuvenating. Swedish massage uses fluid strokes and kneading techniques to reach the deeper layers of connective tissue and muscles. Pressure is applied to the isolated problematic areas. This treatment soothes and relaxes the mind as well as the body, which reduces feelings of anxiety, tension and fatigue. The oil is made with oils such as olive, coconut and jojoba which stimulate blood circulation and boost lymphatic function.

Deep Tissue Massage: A deep tissue massage works by allowing deeper penetration into the muscles of the body. It is often coupled with massage balls or friction to relax muscles. The massage therapist employs their hands to work on those difficult to reach places. This is the reason why the majority of massage chairs have massaging seats. The therapist may also assist to ease tension in the shoulders and neck. This treatment can improve range of motion, flexibility, and provide relief from stiffness, pain and soreness through regular sessions.

V-6 Engine Massage: During a typical massage the massage motor is located on the lower front portion of the chair and extends up and down the length of the chair. Modern V-6 engine massages include the option of a back massager, adjustable seats, contour control and compression as well as air-driven massage jets. Many massage models have an integrated remote control that makes it simple to find the right location to do the job. When you're looking for a suitable massage chair, you might want to consider a model year after year since certain models have changed from years to years.

Myotherapy - Soft Tissue Techniques is an alternative to lower back pain that is chronic and helps to rebuild muscle tissue. Myotherapy increases the permeability and lymph flow to the area. It improves blood flow and nutrients to damaged collagen bundles and myofibrils in the soft tissues of the back. Myotherapy can be used to treat muscle spasms and stiffness, adhesions or trigger points and stiffness, muscle stiffness, adhesions and trigger points. Myotherapy is a therapy that can be used by anyone regardless of age. It can be combined with other therapies to reduce stiffness and pain.