**Article – Jadestonetherapy.com**

TITLE: **WHAT IS A CHAIR MASSAGER AND HOW DOES IT WORK?**

Life’s very hard these days, and pretty fast. Imagine yourself coming back to your home after a long day at work. Your back is stiff, your shoulders are aching, your head is throbbing and your feet is giving up. You slip off your shoes, put on a nice, smooth silk over yourself and recline over a chair with a remote in hand. But it’s not a television show that you are seeking, it’s you telling your chair that your body’s in pain and needs urgent massage. And what does that massage chair do in return? It gives you a long and soothing massage.

[Spinegem’s chair massager](http://www.jadestonetherapy.com/chair-massager.html) is an intelligent beast designed to offer respite to your troubled shoulders at a fraction of cost of a therapist. But what exactly is a chair massager? How does it benefits us? In this article we will try to answer that and a little more. Read on.

**How Does A Chair Massager Works?**

The mechanism behind a chair massager is very simple. A vibrating device is placed on or inside the chair that provides the sensation of receiving a massage to anyone sitting on it. While most of the designs are rather simple and contain only a modest vibrating element, a few of them are rather complex in their designs – trying to mimic a massager’s hand as closely as it can. Of course, it goes without saying that cost goes on increasing with increasing complexities in design.

A typical chair massager consists of three components – massage chair motors to power and direct the nodes and rollers to the necessary areas, as well as allow the needed adjustments to the seat back; massage chair nodes and rollers to mimic the hand movements. Depending on the programming, they target some specific areas and can move in different ways to relieve the pain there. Third and one of the most important element is the presence of computer assisted adjustability of chairs. They are responsible for recognizing the most vulnerable parts, forcing the nodes and rollers to move there and adjusting the motor movements. It’s like the brain of a massage chair.

**Chair Massager Techniques**

While it’s not possible for a chair massager to imitate all the sensibilities and technicalities of an expert therapist, it can, however, mimic some basic massaging techniques. Currently, these massage chairs are equipped to excel in two massaging techniques. Also, if you are willing to spend a little more, you can easily get some extra features. Nevertheless, you can still get a lot of benefits from an average chair massager. Most of them are equipped in at least following two techniques.

***Shiatsu*** – it stresses on releasing tension at specific locations on the body by pressing, sweeping, patting and rotating movements.

***Swedish*** – Unlike shiatsu, Swedish massage techniques focus on revitalizing the blood circulation by employing kneading motions and long gliding strokes.

**What Are The Benefits Of A Chair Massager?**

Relief for one. But that’s not the only benefit on offer. Spinegem chair massager is well equipped to deliver a lot more. Some of the potential health benefits of using a massager chair is mentioned below.

* Improving osteoarthritis symptoms; Swedish massage chair is particularly good for knee osteoarthritis.
* Relaxes the strained muscles and help in posture
* Reduces pressures on the nerves and aligns the spine
* Maximize blood circulation
* Stimulates secretion of endorphins to decrease the perception of pain and stress on the body