

Leg Massager



For centuries, physical therapists and healers across Asia have emphasised the connection that exists between our feet and our overall sense of well-being. It is believed that the feet have numerous pressure points, each of which has a direct connection to feelings of tension that can occur in different parts of the body, and that stimulating certain nerves can help the body to relax and to heal.

In China, this practice is called reflexology and in Japan, it is known as Shiatsu. Shiatsu, which means finger pressure, is an alternative healing treatment from Japan. It involves using the fingers, thumbs, knees and elbows to apply pressure to specific points on the body, which are referred to as meridians and are connected with particular energy pathways.

Shiatsu massage is also often referred to as acupressure and it works to ease fatigue and muscle tension, boost blood circulation around the body and improve the functionality of the lymphatic system.

What are shiatsu electric leg massagers?

An electric foot and leg massager is one of the easiest ways to explore reflexology or Shiatsu. They are designed to ease tired, achy and sore muscles through the use of integrated wave patterns which press, roll and knead at pressure points in the legs and feet.



Unlike massage balls and foam rollers, there is no need to manually move your legs and feet, as the electric massager will do all the hard work for you. All that is required is enough space to place the foot and leg massager on the floor, place your feet into the designated cradles and allow feelings of relaxation to envelop you.

Are shiatsu foot massagers good for you?

The best leg massagers accurately mimic the pressing and rolling movements a Shiatsu massage professional will make with their fingers. They can effectively relieve feelings of tension and stiffness, as well as contribute to the restoration of flexibility and strength in the feet. It is thought that this type of foot massage can contribute to increased energy levels by decreasing muscle fatigue and offering a sense of balance.

Many athletes and runners invest in this type of leg massager, as it helps to ease aches and pains and improve recovery times. Additionally, many massagers benefit from a heated setting, which effectively warms the feet and is something that you will especially appreciate on cold days.

Is a shiatsu foot massager good for circulation?

In short: yes. The massage techniques offered by this type of foot massager apply pressure and ensure that the blood easily moves through even the most congested areas of the body. When the pressure is released, blood can flow with ease which contributes to the feeling of rejuvenation and relaxation.

Furthermore, the kneading and squeezing techniques employed can ease the build-up of lactic acid in the muscles, which enhances the circulation of lymphatic fluid and may contribute to lower blood pressure.

Is a shiatsu foot massager good for arthritis?

Massage therapy is one of the most recommended at-home, non-surgical treatments for those experiencing arthritis. A dedicated foot and leg massager can offer a significant level of relief without requiring stress in the hands and fingers.

How often can you use a shiatsu foot massager?

The frequency with which you choose to use a foot massager will depend on the symptoms you would like to ease. For circulatory benefits, using a massager for up to 30 minutes three or four times a week is likely to yield excellent results. To ease pain or discomfort from arthritis, up to 30 minute sessions three times a week are likely to help significantly.

Runners and athletes may often find relief using a foot massager after every exercise session whilst also benefiting from reduced recovery times.

