

Reduce Stress Massage Chair Recliners Give Reflexology

Contributed by Steve Esquire
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Reduce Stress - Massage Chair Recliners Give Reflexology

The pressures of life seem to be constant, yet the relief of such pressures is so erratic. There are simple and effective means to reduce stress and anxiety. For example, getting a foot reflexology massage can effectively help you relax. Besides just feeling great, a reflexology foot massage can relieve headaches, pain in your back and anxiety. The best massage chairs perform foot reflexology massages right in the comfort of home. Get relief from stress while feeling good{mosgoogle right} with a massage chair recliner.

Reflexology is about applying pressure in the feet and hands to relieve pressure in other parts of the body. This technique has been known from many early peoples and was practiced as part of healing. With the rise of science, these reflexology techniques have been more thoroughly tested and each specific healing area has been identified. Foot reflexology is known to reduce back pain and even headaches by applying gentle pressure in particular reflexology areas on your feet.

Dr. Fitzgerald went on to map out these zones and created the first modern reflexology charts. A foot massage uses certain strokes to relax the feet and the individual. However, foot reflexology helps to increase the health and well being of the entire body. As foot reflexology is applied, healing of other parts of the body began. Sometimes, the healing was spontaneous, but more often, the healing takes periodic treatments to sustain.

Why is reflexology massage effective? Interestingly, the body reacts to stress or anxiety based on a flight or fight reaction. The stress reaction mobilizes the body through the nervous system. The feet are ready to run and the hands are ready to fight. The feet and hands need the support of the major organs and muscles to protect the body, so these too are mobilized. Reflexology helps to calm the feet and the major organs and muscles thus reducing the tension of stress and anxiety.

The Panasonic Real Pro Ultra and the Omega Montage Premier massage chair both offer reflexology foot massage. These reflexology massages use air compression massage. The air system will gently squeeze, hold and then release your feet. This gentle action helps to relieve tension in the feet. Additionally, reflexology nodes are built into the foot wells to induce full body relaxation. These massage chair recliners are effective in helping you to relax.

One of the critical discoveries by Dr. Fitzgerald was that reflexology massage had many healing benefits when an individual received

continuous, periodic treatments. He found that just doing a sporadic reflexology massage did not have the same results as patients that received the treatment on a recurring basis. The build up of stress is a continuous process and the relief of such build up must also be continuous. This is a critical distinction with parallels to many types of health issues like diet and exercise which need to be on a continuous basis.

To get the full benefit of foot reflexology massage, it needs to be administered on a frequent basis. This can be inconvenient to have to always go to a massage therapist to receive treatment. Another terrific alternative is a massage chair recliner. Receive a daily reflexology foot massage at the end of a long day. Just come home, kick off your shoes and let your massage chair melt the stress and anxiety away.

Authors Bio:

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