

## Massage Chairs Provide You Striking Economic Value In Massage Therapy

Contributed by EricLockhart  
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If you ask most people, they enjoy getting massage therapy. Not many things feel better when you feel sore, tightness or other discomforts. Massage therapy is a natural remedy for relieving tension and reducing body aches and pains. Massage therapy is most effective when done on a frequent basis. This is where massage chairs are the most practical and cost effective means to obtain frequent massage treatments.

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If you ask most people, they enjoy getting massage therapy. Not many things feel better when you feel sore, tightness or other discomforts. Massage therapy is a natural remedy for relieving tension and reducing body aches and pains. Massage therapy is most effective when done on a frequent basis. This is where massage chairs are the most practical and cost effective means to obtain frequent massage treatments.

Massage therapy has been used since the beginning of time. It is a natural therapy that helps to loosen tight muscles to relieve aches and pains. Massage therapy has typically been delivered by a person, but with technology massage chairs are a viable alternative.

an appointment and then be at a certain place at a certain time. A typical one-hour massage cost anywhere between \$50 to \$100 per hour.

The typical massage experience starts with changing into a robe. You then enter a darkened room and will lie flat on a massage table. Typically, you find soft music playing in the background to provide an environment of calm and quiet.

A masseuse then starts on one part of your body and massages it thoroughly. They then proceed to the next part in sequence. The typical full body massage lasts for about 50 minutes and provides soothing relief and relaxation.

If you have seen massage with a massage chair, then you will notice a different type of massage is provided. The first is you are seated in a chair. The chair is designed to be comfortable with plush cushions and soft fabrics.

You take a seat in a massage chair. A remote control is used to control all aspects of the massage chair. First, you make your self comfortable by adjusting the chair back by reclining. You also raise the leg rest to relax your body.

Massage chairs come with MP3 music players. Slip on the headphones and start a relaxing music program. Let the music help your mind to relax. Close your eyes and select the massage treatment of your choice.

One of the main differences of a massage chair and a masseuse is that the massage chair provides the treatment to many parts of the body at once. The massage chair is not dependent on the masseuse's hands but relies on a number of different systems working in conjunction. This enables it to provide the same amount of massage but in much less time.

The massage chair will work through its automatic program for the length of time that you select. If you do not have much time, no problem at all, you can get a 15 minute full body massage and still feel very relieved and relaxed.

Full body massage chairs start at \$1,000 and can go up to \$5,000. This seems expensive, which just like a car is at first. However, you now have purchased many years of massage therapy.

From an economic side, a massage chair that costs \$3,000 would have a typical machine life of 2,000 hours. That means over the life of the massage chair each hour of massage therapy would cost \$1.50. Compare that to \$75 plus tip with a massage therapist.

Massage chairs provide you with massage therapy on demand. You do not have to wait for your appointment next week, when you are suffering now. Just take a seat and get the relief you seek. The tremendous convenience of a massage chair is invaluable when you really need it. Just select your favorite massage and relief is on its way.

#### About the Author:

Get the benefit of frequent massage therapy with a massage chair. Massage Chair Therapy is the more economic way to receive daily massage treatments. Choose from the most popular massage treatment on demand with your own massage chair. You can view the top massage chairs by massage technique with our [Massage Chair Comparison](#). Get the right massage chair!