

## Is infrared foot massage basin good?

Why is the infrared light integrated in the massage tub, what advantages will this application have in caring for feet at home? Let's find out with us!

"Infrared foot massage bathtub is a medical device to take care of your feet right at home. But why is the infrared light integrated in the massage tub, what benefits will this application bring and beyond these? The advantage is that infrared lights have any disadvantage for users? All will be said more clearly in this article, please consult us!

**See also:** Benefits when using foot massage basin



### What are the benefits of infrared lights in the foot massage basin?

As we know, the foot bath has the main basic functions: roller massage, warm water massage, infrared massage, foam massage.

- 1. Vibration massage :** When vibrating with massage of water, both direct impact and create water pressure to affect the whole foot to help dispel fatigue and stress.
- 2. Effervescent massage:** The bottom of the foot bath is designed with two rows of water spray to create strong waves impacting gently on the soles of the feet. Bubbling water also contributes to water pressure to affect both the soles and the instep.
- 3. Massage rollers: Massage** rollers placed on the bottom of the tub interwoven with infrared lights increase the effectiveness of massage.

**4. Water self-heating mode:** Foot baths can self-heat water with a suitable temperature of 35 ° - 45 °. You can combine thermal massage simultaneously with other massages such as rollers in the tub.

**5. Infrared light:** Especially the infrared massage therapy is integrated in the health foot bath. And in a foot massage basin, there are usually 4 - 6 infrared lights (depending on different models) - This lamp works very well for people with musculoskeletal disease.

There must have been many people who knew the effects of infrared lights in medicine. And in short, easy to understand, this infrared light will work as follows:

1. Legs are often the place where blood is the least likely to come and often accumulate under the feet without moving up, so it often causes pain in the leg. So when illuminated on your leg, infrared rays will penetrate the skin about 3mm to heat the skin in place ? the skin temperature rises ? the blood vessels in the area relax. Due to the increase in local blood volume and local temperature rise, heat dissipation and increased foot temperature increase. At that time, the heat of infrared light has analgesic, anti-spasmodic, vasodilating, increased metabolism. So foot baths with an infrared foot bath will reduce blood flow to the legs or blood in the legs.
2. Infrared lights also have heating function.
3. In addition, infrared lights also work to soften the skin, making tiny blood vessels circulate, stimulating skin cells to grow and remove dead skin cells .

**See more:**

1. **Infrared light and therapeutic effects.**
2. **Buy the best foot massage basin?**



## **How to use infrared foot massage basin?**

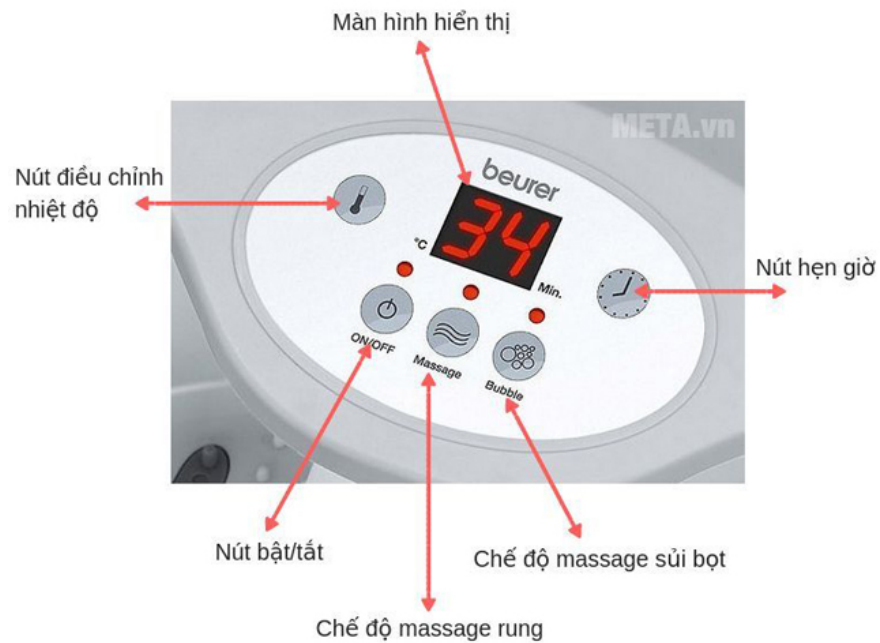
For example: Beurer FB-50 foot bath has the function of self-heating water, adjusting the temperature of the water

1. Price range: 2,590,000 VND - 24 month warranty - Genuine import from Germany.
2. 4 main functions: vibrating massage, effervescent massage, heating and keep warm water.
3. There is a control panel and a warm temperature display, which helps you know how much the temperature is being set up so that foot bathing becomes more accurate and safe.



**Press the on / off button to start the tank and select the function to use:**

1. **Vibration massage:** Press the Massage button to turn on vibrating massage mode. The tank will start to vibrate. Set foot on the massage tab, the level of vibration is strong, depending on the level of your foot pressing down.
2. **Effervescent Massage:** Press the Bubble button to use this function.
3. **Timer function:** You can set the usage time from 20 to 60 minutes with the timer function. Each time the timer button is pressed, the time will increase by 10 minutes. At the end of the installation time, the machine will automatically turn off. Maximum use time is every 60 minutes. Then turn off the tank, take at least 15 minutes before using it again.
4. **Temperature:** The screen will display the current water temperature. To change the temperature, press and hold the temperature adjustment button until you adjust to the desired water temperature (35, 38, 42, 45, 48 ° C). The most pleasant temperature is from 35 - 42 ° C, the highest temperature is 48oC. The preset temperature is 35 ° C.



**See link details for how to use Beurer FB-50 foot massage bathtub.**

**Video tutorial to use foot massage basin Beurer FB-50.**

You finished reading the article "**Is infrared foot massage basin good?**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.