

# The benefits can not be ignored when using infrared massage cushion

Infrared massage mattress helps reduce aches and pains effectively and is suitable for all ages, especially for the elderly, sedentary office workers or people who have to work too hard.

**In this article, TipsMake.com will introduce you the benefits of infrared massage cushion as well as how to buy and note when using this product for health care offline!**

**Massage cushion** (or **massage mattress** ) is one of the massage machine models that can massage, massage at the same time for many areas on the body and is much cheaper than massage chair so it is also called 'the massage machine of the whole nation '.

Currently not only massage pads but also many other massage machines are introduced to have **infrared massage function**. Find out the information related to this **infrared massage cushion** right away!

## Things to know about infrared massage cushion

1. What is infrared massage cushion?
2. Why is infrared massage cushion popular?
3. What note when using infrared massage cushion?
4. How to buy an infrared massage cushion?



Infrared massage mattress provides relaxing, effective and comfortable moments.

## What is infrared massage cushion?

**Infrared massage cushion** is simply a massage mattress with an external design including **rollers rotating along 360-degree axis** , also has **an infrared light system** . The rollers are responsible for performing massages, simulating the massage movements of the human hand, and the infrared lights have on-site heating functions.

Infrared rays are electromagnetic radiation and one of the basic properties of infrared is the heat effect. Therefore, this type of beam is applied **heat** , can be made into direct heating lights on the body, installed in the sauna or used to melt snow on the wings of aircraft .

In the infrared massage cushion, the infrared system is combined with rollers: while the rollers rotate to massage painful areas, the infrared lights will heat up causing the blood vessels to expand, increasing the amount Blood and temperature in place, thereby spreading heat throughout the entire body to enhance blood circulation, helping reduce pain more effectively.



Infrared massage mattress has a beautiful and elegant design, performs many effective massage functions and comes with convenient controls.

## Why is infrared massage cushion popular?

When using infrared massage cushion, users can experience **many different massage functions** (depending on specific buffer line) such as:

1. **Conventional massage function** : usually a massage that simulates the massage of human hands according to *Shiatsu method* of Japan.
2. **Infrared massage function** : combines massage, roller massage and local heating of infrared lights *to enhance the depth of massage, relieve aches, stress, fatigue immediately , more effective, helps the mind to be more relaxed and refreshing than the conventional massage function .*
3. **Vibration massage function** : full body vibrations of the machine support the reduction of excess fat, effective weight loss.

With infrared massage cushion, users can also choose areas on the body that need massage such as neck, back, shoulder, nape, thigh, leg or body, fast, medium, slow speed . to bring Best effective pain relief and relaxation.

Currently on the market there are many types of infrared massage mattresses, and infrared massage **function is also gradually becoming one of the standard modes of any massage machine** . Infrared massage cushion also has the advantage of being neatly designed, can be easily folded and brought to the office, bring along when away, or use on cars . to relieve pain, relax all extremely efficient place, all the time.



Infrared massage cushion can be used on cars very convenient.

## **What note when using infrared massage cushion?**

1. Infrared massage cushions and massage machines in general can be suitable for all ages, especially for: sedentary or office workers to sit on a lot; people must regularly work, carry heavy loads; Elderly...
2. However, there are some cases that it *is recommended not to use or consult a doctor if you want to use an infrared massage mattress* such as someone with open wound, injury or pain of unknown cause; pregnant women; people who are using painkillers or stimulants such as alcohol and beer; people recovering from surgery; people who use implants, pacemakers; people with diabetes .
3. During use, the user *should only use the buffer during the manufacturer's recommended time* . Typically, this time is usually specified by the manufacturer in the manual or the buffer will have an automatic shut-off function after a continuous period of operation (usually 15 minutes). Users should not use padding over this time to avoid overheating, which may cause burns.
4. When sitting, lying on the infrared massage cushion, users should keep the posture right and note to relax the body to have the best massage effect.

5. Infrared massage cushion can be used on beds, sofas, office chairs, car seats . so it can be used conveniently anywhere, anytime. However, users should be careful to clean the buffer area and check the power source carefully to ensure the durability and safety of the device.



Infrared massage mattress can be spread on the bed for use.

## How to buy an infrared massage cushion?

To own a quality infrared massage mattress, consumers should keep in mind some of the following points:

1. Choose an infrared massage cushion from **reputable brands** such as *Lanaform, Medisana, Maxcare, Beurer* . These models are made of high quality materials, so it ensures quality and safety when using the product.
2. Choose a type that is **designed to suit the location of use** : Current infrared massage mattresses often have *one-piece flat designs, 1-piece seamless chair forms , multi-piece forms* (usually 2, 3 Piece). The one-piece infrared massage mattress is most convenient when spreading on the bed or sofa at home while the rest will be suitable when used with chairs in the office or car seats.
3. Choose the type with **reasonable price** : Users should consider the number of massage heads, massage rollers, mattress size and materials as well as massage functions that best suit the needs of use and pocket money. body, avoid waste.

Hopefully, with the above information, you have learned more about infrared massage cushion products that are very popular in the market and no longer have to worry about the question of whether to buy and use infrared massage mattresses or not. half.

If you want to buy a good quality massage mattress to enhance your family's health, you can order online on **META.vn** website or contact **Hanoi** hotline number **024.35.68.69.69 - TP. HCM 028.38.33.33.66** for advice, support for genuine purchase at the most affordable price.

### More reference :

1. Is Bella massage mattress good? Should buy?
2. Which foot massage machine should buy the best today?

### 3. Abdominal massage machine: Experience of buying and noting when using

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