

How to Get a Great Foot Massage at Home

There is nothing quite like having a foot massage to relieve tension and make your body feel relaxed and stress free. Massage your own feet can be helpful. Still it doesn't quite offer the same benefits as having a professional therapist give a foot massage. The benefits of a foot massage are more than just making your feet feel better. Any time the body is massaged, it brings increased blood flow to the area. This increased blood flow improves circulation, improves the flow of important nutrients to the cells, and removes harmful toxins. This helps your feet and legs to feel relaxed and revitalized. Foot massage can help to reduce stress throughout the entire body. For most of us visiting a professional massage therapist as often as we would like is not possible. There is another way to get all the benefits of foot massage and enjoy those benefits whenever you want. Great new technology now gives us the same great benefits of having a professional foot massage at home. That's right, science and technology has come together to offer you foot massage at home that gives the same benefits, rest, and relaxation as a professional massage. Several new foot massage tools will give you the pleasures right at home whenever you please. Just imagine coming home from a hard day at work, turning on your professional foot massager and almost instantly, your feet feel great, you're relaxed and rejuvenated. Several great massage tools now available. One great choice is the iSqueeze Calf and Foot Massager. You'll get all the benefits of a professional quality foot and calf massage right in your own home. Invigorating disks squeeze and penetrate muscles, while soothing vibration improves circulation and energizes tired muscles. Pressure nodes stimulate the soles of the feet for total foot massage benefits. Another favorite uses the combination of heat and massage therapy. The massaging foot warmer bootie provides maximum comfort and relieves tired aching feet. A remote control gives you easy on/off heat and massage control. Sit back and enjoy. Your feet will be relaxed and toasty warm in no time. The Aqua-Jet Foot Massage Spa machine provides everything necessary for a complete and relaxing foot massage. The precision heater maintains the water temperature at a comfortable 115 degrees. Two hydro-jets control airflow and speed. Two massaging nodes massage specific points and the arches of the feet. Remote control allows you to sit back, relax, and enjoy this great foot massager. Foot massage brings a level of relaxation over the entire body. Your tired aching feet begin to feel better immediately. If you've never tried using foot massage at home to relieve your tired feet, try it. You'll be glad you did.

About the Author

Therapeutic Recreation and recreation therapy resources including a job bulletin, internship listing, activity and treatment resources, articles.

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