

Hands-free massage

Migun massage in Green Point is the most you'll be touched without another human being coming near you. You can also do it fully clothed and completely alone! By Hedi Lampert Kemper.

It happens on a rather bumpy bed fitted with multiple, round massage heads made of jade stone. You lie on your back on the bed while the massage heads move up and down the length of your body from the feet right up to the base of the neck. Migun massage is an East-meets-West innovation using acupressure, acupuncture, heat therapy, chiropractics and massage.

The massage heads work on the acupressure points along the side of your spine and they are heated by helium gas lights which produce infrared rays. Apparently these rays penetrate between five and seven centimetres deep to produce an acupuncture effect and help clear blockages in the chi or energy of your body.

The idea is to decompress the vertebrae or help create spaces, therefore releasing tension, compressed blood vessels and nerve endings.

You also get a good stretch. At the same time, the muscles running along the side of the spine receive a deep massage. This helps to release tightness which may be pulling your spine out of alignment.

It felt heavenly up the back of my legs and from the waist up. But I found it a bit hard and grinding on the lower back. You can place cushions under your back for a more 'sympathetic' touch.

After the session, which lasts 34 minutes, you may well feel as if you've had a gym workout. The manufacturers of the Migun massage bed claim that your body will in fact react as if it had been exercising and therefore your immune system will receive a boost. Apparently so will the production of melatonin and serotonin – hormones which help you relax and get a decent night's sleep. Other benefits are said to include increased circulation, pain relief and reduced blood pressure.

It's also great for those who only have half an hour, hate getting sweaty, dislike taking off their clothes, have an aversion to massage oils and prefer not be touched by human hands. ●



Isabel Reina turns up the heat with Migun's infrared light unit.

Info

Migun in Green Point is offering the first 34-minute session free, thereafter it's R50 a session or R299 monthly for unlimited massages. If you'd like to own a Migun massage table, it will set you back R25 000. ☎ 021 421 6900 or visit www.migun.co.za.