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**Natural**

**Thermal Massage**

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**Bed with a difference**

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- **Thermal Massage**

Most of us could do with a massage at this time of the year. Health24's Andr? Britz found the perfect lunch-hour option that's convenient and within everyone's budget.

**How it works**

The thermal-massage bed from Migun combines the effects of acupressure, acupuncture, heat therapy, chiropractic and massage in a single session.

The therapy doesn't require oil or a masseuse/masseur. You simply lie on a bed that does all the work. This is ideal for the more bashful among us ? you don't have to take your clothes off, except for belts and shoes (so, make sure your socks are respectable).

The massage is 'performed' by helium-based light bulbs with jade massage heads. This creates infrared heat which, the Migun people claim, penetrates up to 7cm into the body. The bed is FDA-approved and endorsed by the American Chiropractic Association.

With regular use, its proponents claim better health, addressing issues such as arthritis, headaches/migraine, back pain, sleep problems and muscle pains.

There are seven massage settings available, each with a different focus:

- Full massage (35 minutes) ? combines massage and acupressure equally all over the back
- Upper back massage (30 minutes) ? massage and acupressure on the entire back, with some extra time spent on upper back and neck
- Lower back massage (30 minutes) ? massage and acupressure on the entire back, with some extra time spent on lower back and hip area
- Acupressure massage (24 minutes) ? holds for 50 to 60 seconds on various acupressure points over the back
- Basic massage (15 minutes) ? continuous movement up and down the back
- Abdominal massage (16 minutes) ? gently massages the abdominal area
- Manual mode

**What it felt like**

I thoroughly enjoyed the massage. The moving bed feels a bit strange at first, but as soon as it started unknitting those knots, I relaxed and enjoyed every moment.

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I was a little tender immediately afterwards, and I dutifully drank a lot of water to avoid a headache. By the evening, my back was sore, and I treated it with gel and heat. I went to bed at a decent hour and felt much better the following day.

I decided I'll go on a regular basis because: a) it's affordable; b) it's effective; and c) I'd like to prevent my back from getting knotted up again.

Migun Thermal Massages are R50 per session or R299 for a month's unlimited sessions. A session lasts just over 30 minutes. It's clean, hygienic and non-intrusive.

**For more information or to book a session, contact:**

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63A Somerset Road  
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Cape Town  
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e-mail: info@migun.co.za

Source:  
<http://www.migun.co.za>

(Andr? Britz, Health24, November 2007)

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