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## Thermal massage bed

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When I first heard about Migun — a thermal massage bed — I was a little baffled as to what it was exactly, until Kevin Joffe the owner of the Migun Wellness Centre in Green Point, invited me to try it for myself.

The centre was calm and relaxing, tranquil music filled the rooms. Isabel who welcomed me explained a little about how the machine works...

Basically, acupressure, acupuncture, chiropractic, massage, and far infrared therapy, are all rolled into one to provide you with a deep, relaxing massage while also giving your spine a stretch.

The bed has massage heads made of jade, which are used to apply far infrared rays and acupressure on the stomach, back, waist, and other largely exposed areas. According to oriental medicine, jade has always been known to have mysterious healing affects, as well as promote longevity and discharge toxins.

The heads roll under your body in sequence, providing you with a massage which works largely through the weight of your own body resting on the heads.

At the Migun Wellness Centre they have a number of beds, and Isabel noted that in the mornings the place becomes quite social with many people coming for their daily treatments, since there isn't really a limit to the number of times you can come. Many elderly people come daily as they benefit from the machines ability to soothe aches and pains, including those caused by arthritis.

### Warm and tingly all over

I lay down on the Migun, Isabel switched on the system, and was left to my own devices while the bed worked it's magic.

As the lights began to move and create space between the vertebrae, I felt as though I was being lifted up by the heads as they moved gently under my legs, pelvis, back and neck. They began to heat up as well which added a different dimension to the treatment, making me feel warm and tingly all over.

The sequence in which the heads moved changed constantly, and as the time passed I felt as though the pressure getting more intense, but perhaps I was just more relaxed, meaning my full weight was pushing against the heads.

It was extremely meditative and I began to doze off — the benefit of the bed being that you don't have to worry about offending your masseuse if you happen to nod off. The treatment which lasted about 34 minutes was pleasurable, and just intense enough, but not painful. Isabel did warn though that some people may be sensitive around the coccyx area.



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### **What are the benefits?**

The Migun thermal bed increases circulation and is very good for people with circulatory disorders and diabetes. It also helps with muscle relaxation and can help relieve injuries such as sports injuries or those from accidents.

In addition to these benefits, the bed provides relief for those with chronic muscle pain (so people with fibromyalgia and MS find relief using the beds) and chronic joint pain.

Regular treatments lower blood pressure and regulate blood glucose levels for type 2 diabetes, and can help with digestive disorders, thyroid disorders, bulging disks, and even improve hair skin and nails.

The bed detoxes, releases stress, increases energy and improves well-being.

### **Different health modalities:**

The bed itself is designed and based on the ideas of five different health modalities — chiropractic, massage, acupressure, acupuncture and moxibustion.

The chiropractic and massage idea is if you can keep your spine in alignment and keep good circulation flowing to your spine your body will function better.

The acupressure and acupuncture ideas are based on the energy meridians which flow through your body. If you can keep those free of blockages you body will function better.

The moxibustion idea is based on circulation. If you can keep good circulation flowing through out your body, your body will function better.

### **How it works in application:**

#### **Acupressure:**

Hand and finger pressure applied to specific pressure-points temporarily block chi, restoring proper pathways and flushing out toxins that have built up during the imbalance. Migun uses the body's own weight to achieve this same effect.

#### **Acupuncture:**

Migun uses a unique combination of helium gas bulbs and jade-massage heads to create infrared rays that stimulate acupressure points seven centimetres deep in tissues.

#### **Heat-Therapy (Moxibustion):**

The use of heat to stimulate blood flow and tissue response, also encourages overall muscle relaxation, relieves pain, and releases pollutants trapped in the musculature.

#### **Chiropractic:**

The simple principle that the body can heal itself when its systems are properly aligned and allowed to operate without impediment, signified by the health and proper alignment of the spine as the core of the entire body.

#### **Massage:**

The simple practice of muscle manipulation as a means of promoting proper blood-flow, muscle relaxation and flexibility. Massage eases chronic muscle pain, speeds recovery from injuries, improve rest and concentration, and promotes a general sense of well-being.

### **Costs and contacts:**

The cost of a treatment is only R85 per session, or you can go for unlimited sessions for R349 per month. If you book for six months it costs R249 per month, and if you book for 12 months it costs R199 per month.

Kevin says that they are planning to open more

centres, but many practioners such as physios offer the Migun service as an added extra in addition to their own treatment.

Companies can also purchase the bed for their staff, which is especially beneficial in high-stress environments. A Migun corporate division has now been started so Migun can now bring the beds to your company for your staff to enjoy.

For more information visit [www.migun.co.za](http://www.migun.co.za) or call them on +27 21 421 6900.

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**REALLY WORKS!**

I live in Durban and have used the Migun bed on a number of occasions. It is fantastic for rehabilitating tired muscles especially after a heavy session of running or cycling. Your article was true to the point.. Cecil

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