

LEG (CALF) MASSAGER



Increased flexibility is a common benefit gained from a calf massage. A calf massage increases flexibility by improving tissue elasticity and relieving muscle tightness. During a calf massage the manipulation of soft tissues and friction created between skin and fingers increases blood circulation.



Foot massages improve circulation too, but that's no comparison to what the right pressure on the calves can do. Both shiatsu and traditional kneading techniques, when used on the calves, can stimulate circulation through your muscles and veins. For even better results, combine a calf massage with heat therapy and essential oil.

Sometimes, you need stimulation for faster recovery. That's what calf massages do. If you're coming back from muscle injuries, consider giving yourself a weekly calf massage. These sessions shouldn't be long, as recovering muscles can't withstand excessive pressure. However, a short, ten-or-fifteen-minute massage on the calves will help you heal faster from injuries.

Massaging your calves from top to bottom is an effective way to drain your lymphatic system. This could help with post-surgery recovery, or in general improves your health since you're tapping into your body's immune system.

Thanks to this lymphatic draining effect, calf massages are extraordinarily beneficial for those suffering from arthritis and chronic venous insufficiency.

One major reason why many dislike calf massages is the pain. Compared to a regular foot or back massage, calf massages can definitely hurt more. However, that's actually a good thing.

But, have you heard some people call massages a cleanse? Like it pushes bad things out of your body? Calf massages hurt because it is releasing chronic muscle tension by slowly kneading and loosening your tight muscle fibers. Therefore, your first few times getting calf massage will probably be painful, but it should become more bearable as time goes.

However, if you think your calf massage is hurting too much, consult your physician, give yourself a break, or try a different massage therapist.