

Benefits of Migun Massage Table

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Stress is the root cause of 60 percent of all human illness and disease, according to [The American Institute of Stress](#). It increases the likelihood of having a stroke by 50 percent, of having a heart attack by 25 percent, and of having heart disease by 40 percent. Additionally, ***stress-related ailments place a financial burden on the United States, totaling \$300 billion every year.*** Yet Americans often flounder when it comes to reducing stress. Though 91 percent of adult Americans agree that massage is an effective means of reducing pain and stress, on average, only 18 percent of adult Americans receive a massage in any given year. [Matrix Spa & Massage Cancun](#) is trying to change that.

What is a Migun Thermal Massage Bed?

Matrix Spa & Massage in Cancun is one of a select number of spas that offer massage therapy on highly specialized Massage Energy Thermal Massage System beds, otherwise known as Migun Thermal Massage Beds. ***Fusing acupuncture, acupressure, massage, heat therapy and chiropractic techniques, the Migun bed utilizes Helium-Jade stones to generate far infrared rays.*** These instruments interweave spine alignment and stretching to achieve a bounty of health and wellness benefits.

Inspired by Asian and Western approaches to medicine, the Migun Massage Beds use heat to increase blood flow and generate tissue response. ***The bed's massage heads compress capillary blood vessels and the autonomic nervous system while providing continual massage to the hamstring muscles along the thighs.*** It is fully customizable, offering varied temperature settings and seven automatic massage programs that stimulate different pressure points throughout the body. Two sets of five massage heads concentrate on a person's spine while another two sets of five massage heads serve to alleviate pain in the feet and legs.

Benefits of a Migun Massage Bed

While individual results vary, the average person who uses a Migun bed can expect many benefits. ***A mere half hour of treatment offers the following benefits:***

- Equivalent to an hour of jogging
- Improves hair, nails and skin
- Increases health
- Decreases blood glucose levels
- Lowers blood pressure and cholesterol
- Speeds metabolism
- Uses calories

Acupressure

Acupressure involves finger-like motions that slowly press important healing points along a person's legs, neck, shoulders, back and head. **Blending acupressure with heat application helps improve energy.** It releases muscular tension, promotes blood circulation and reduces pain. It also increases your immune system's ability to fight illness. [The U.S. Food and Drug Administration](#) has approved the Migun Massage Bed for its use in joint pain, arthritis and muscle stiffness.

Jade

Jade is thought to improve the health of the thymus, heart and lungs. **It helps conduct far infrared rays, which provides deep-penetrating heat that alleviates pain,** sciatica and hypertension. It also aids in detoxifying and strengthening the body's cleansing systems.

Chiropractic

The Migun bed is similar to chiropractic work by lifting, adjusting and aligning a person's body. Used by chiropractors throughout the United States, **Migun beds strengthen and stretch the spine** by acting as a mechanical traction device.

Lymphatic Massage

One of the primary benefits to using the Migun bed is that it stimulates the lymph glands. Massaging the lymph glands is said to help improve their functioning, which in turn **helps your immune system protect against foreign substances and illnesses.** It is particularly beneficial to people with challenged immune systems and those who are struggling with the impact of aging

Improved Sleep

By blocking electromagnetic waves, decreasing pain and improving blood flow, the Migun bed helps bring more restful sleep. It encourages deeper REM and NREM sleep, which not only helps people feel more refreshed, but also brings a greater ability to heal.

Migun Massage Bed at Matrix Spa & Massage Cancun

If you're in Cancun and want to experience the healing benefits available through the Migun Massage Bed, [contact Matrix Massage & Spa Cancun here](#), or by calling [998-254-9333](tel:998-254-9333). If calling from outside Cancun, the spa can be reached at [801-243-7918](tel:801-243-7918).