



Ultimate Massage Chair Buyer’s Guide

Contents

- Important things to consider when buying a massage chair:..... 2
 - Where will you put your chair?..... 2
 - Who will be using the chair?..... 2
 - Intensity of Chair..... 3
 - Warranty..... 3
 - Do you recommend a warranty over 5 years?..... 3
 - Budget..... 4
- Glossary of Terms..... 4
 - Zero Gravity..... 4
 - S-Track Chair | L-Track | SuperTrac..... 5
 - 5
 - S-Track Massage Chairs..... 5
 - L-Track Massage Chairs..... 5
 - SuperTrac Massage Chairs..... 5
 - 2D | 3D | 4D Roller Technology..... 6
 - 2D Rollers..... 6
 - 3D Rollers..... 6
 - Body Scan..... 7
 - 4D Rollers..... 7
 - Other Special Features..... 7
 - Air Compression Massage..... 7
 - Foot Rollers..... 8
 - Heat Therapy..... 8

Entertainment Systems: Smart Tablet Technology | Bluetooth | MP3 8

Chromotherapy 9

Space Saver 9

Durable Medical Equipment Designation 9

Important things to consider when buying a massage chair:

We understand that buying a massage chair can feel like an overwhelming task—there are so many different chairs available with new features that it can feel a little daunting. We want you to know that we are here to hold your hand through the process as much or as little as you would like.

Where will you put your chair?

Make sure that you double check the dimensions of the space that you would like to put your chair. There are many newer “[space saver](#)” chairs that are able to be placed within a couple of inches to the wall. You will want to put your chair in a place that you will use it regularly—you don’t want to place it somewhere that is hard to get to, you don’t feel relaxed in or in a place that you’re likely to pile things (such as clothes and books) on top of.

It’s also important to consider the décor of the room you’ll be placing your chair in. Many chairs now come with beautiful color pallets and even leather on body touch points. Some chairs offer retractable ottomans so that the chair will blend into your living room without looking too obtrusive.

Who will be using the chair?

Massage Chair	Height Range	Weight Limit
APEX AP-PRO REGENT	4'10" - 6'4"	265lbs.
HUMAN TOUCH BALI	4'8" - 6'3"	285lbs.
HUMAN TOUCH ZEROG 5.0	4'8" - 6'3"	285lbs.
LURACO i7	4'7" - 6'7"	300lbs.
OSAKI JP JAPAN PREMIUM 4S	4'10" - 6'4"	285lbs.
OSAKI OS-4D PRO JP PREMIUM	4'8" - 6'3"	285lbs.
TITAN TP-PRO 8400	4'10" - 6'5"	265lbs.

If you have unique height or size requirements, it’s important to take that into account. Not all chairs comfortably accommodate the very tall person (over 6’4”) or the very short person (below 5’). Almost all chairs on the market work well for people between 5’ – 6’ tall, but if you have a very tall person and a very short person in the house, you will want to really look at the chairs to your left.

If you have questions, please always feel free to contact us. Many of our premium chairs

also offer the ability to save user settings which will eliminate the need to do a body scan before every single use—or the need to remember exactly what you really liked last time!

Intensity of Chair

It's better to get a strong massage chair that can be toned down easily with the remote control, than to settle for a soft massage chair that can't be adjusted. Most consumers seek the benefits of deeper tissue massage, so look for a massage chair designed for the best – in this case deepest – range of motion. This type of motion is referred to in the massage chair industry as 3D. The 3D indicates “in and out” along with the standard “up and down” and “left and right.” Some manufacturers will make claims of 4D massage chairs, but this is misleading, and refers to speed and time – which aren't directional indicators of the massage motion.

Getting a massage in a strong or deeper 3D motion massage chair is a little like working out. The first day can cause a little soreness, but the body adjusts and acclimates to the routine for ongoing benefits. But strong doesn't automatically mean good if the massage feels mechanical, so look for a massage chair with well-designed and smooth massage mechanics to mimic the human touch of a massage therapist. While massage chairs that deliver a relaxing “dream inducing” massage is great – the best investment is a massage chair that has it ALL, including smooth, deep tissue massage.

Warranty

This is an important factor and one that is very easy to assess. A massage chair warranty is a key indicator of the overall quality of the chair and the company behind it. Generally, the longer the warranty, the better the chair.

The best warranty in the massage chair industry currently is 5-years (without having to purchase the “extended warranty” package), however the industry standard is a 3 year warranty which is what most companies provide.

	Human Touch	Infinity	Apex Osaki Titan	Ogawa	Luraco	uKnead
Standard Warranty	Premium Warranty for certain models comes with 1 year In-Home Service; 3 years Parts and 5 years Structural. Standard Warranty: 1 year in home service; 2 years parts and 3 years structural. Basic Warranty (iJoy) - 90 days in home service, 1 year parts and 2 years structural	3 Year Limited Warranty covers Year 1 - In Home Service, Labor and Structural; Year 2 - Parts & Structural Framework; Year 3 - Structural Framework	3 Year "Rock Solid" Warranty guarantees that your qualified product will be replaced or repaired, without cost to you, should it be deemed defective because of faulty parts, workmanship or structural defects within the first 3 years of ownership (limitations may apply). Year 1 - Parts, Labor and Structural Framework; Year 2 - Parts & Structural Framework; Year 3 - Structural Framework	3 Years In Home Service, Parts & Labor + 5 years Structural Framework	5 year Limited Warranty (Parts Replacement & Structural Framework covered for 5 years); 3 years Parts & Labor	Limited 5 year warranty. Year 1 - In Home Service, Parts & Labor; Year 2 - Parts and Structural Framework; Years 3-5 - Structural Framework is covered
4 Year Extended Warranty		Adds an extra year of Parts coverage: Year 1 - In Home Service, Parts & Labor; Year 2 - In Home Service, Parts & Labor; Year 3 - In Home Service, Parts & Labor; Year 4 - Structural Framework	Year 1 & 2 - in-home service covering both Parts & Labor; Year 3 - Parts & Structural Framework covered; Year 4 - Structural Framework			
Cost		\$150	\$150			
5 Year Extended Warranty		same as above, <i>except</i> Parts are covered for 4 years	Years 1-3 - in-home service covering both Parts & Labor; Year 4 - Parts & Structural Framework; Year 5 - Structural Framework	Covers In-Home service for Parts and Labor for 5 years	5 years comprehensive coverage to include: Parts, Labor & Structural	In Home Parts, Labor and Structural all covered.
Cost	\$369	\$250	\$250	\$499	\$395	
Phone #	800-355-2762	603-347-6006	1-888-848-2630	1-877-977-0656	817-633-1080	(626) 965-5869

Do you recommend a warranty over 5 years?

Beware of massage chair manufacturers with warranties this long, as this can be designed just to get your attention. Warranty coverage lasting more than 5 years almost always refers to the frame only or will also be accompanied by a very hefty price tag which in our opinion is not necessary. Massage chair

frames should be made of structural steel with the ability to withstand MANY years of use. In other words, we do not think it's necessary for you to add in this extra expense.

Budget

It's good to have an idea of what price range you are able to afford. As more and more options become standard, the price for all of (or at least many of) the bells and whistles has really come down. It's possible today to get a very good massage chair for under \$3000 and to get a premium chair for your home or office between \$5000-\$8500. If you have your heart set on a certain chair, we have good relationships with Quick Spark Financial as well as Paypal Financing in order to help you break up your payments and divert the initial out of pocket cost. Check out our online guides for the best chairs in these 3 different price tiers:

- [Best Budget Chairs: chairs below \\$3000](#)
- [Best Mid-Tier Chairs: \\$3000-\\$5000](#)
- [Best Premium Chairs: \\$5000](#)

Are you someone who enjoys getting a massage every once in a while? If so, you know that the cost of one massage is anywhere from \$50 - \$120 per hour. This money can start to add up very quickly if you go weekly. Purchasing a massage chair for your home makes great sense over time as it gives you the opportunity to have a high quality massage in your home, whenever you want, as many times a day as you'd like. Over time, this truly is a very smart option.

Glossary of Terms

Within the last five years, the massage chair industry as a whole has changed a lot with the introduction of new technology which has really heightened the overall experience for the end user. Some of the most important trends include the introduction of the Zero Gravity position, 3D rollers, L-Track and the SuperTrac chairs. But, what exactly does all of this mean?! We've put together a very comprehensive guide to help you get a better idea of what it all means and what the "really reallies" are when you're ready to buy your very own massage chair.

[Zero Gravity](#)



According to several chiropractors, the **Zero Gravity** position is the most important advancement in the industry. Originally developed by NASA in order to help astronauts reduce the compression of the spine during take-offs of the shuttle, the zero gravity position allows the body to assume a position of weightlessness thus dramatically reducing tension in the spine and back creating a feeling of weightlessness. The knees are typically

raised to at least heart level with a 30 degree angle at the spine. Some newer chairs now offer two or three different stages of Zero Gravity position creating a bigger recline in the back.

S-Track Chair | L-Track | SuperTrac

Which type of “Track” is best suited for you? This can be a very confusing question for some of our customers. L-Track chairs have been around since 2011 when uKnead first introduced the L-track to the market. The best way to think of this is—how far do you want the massage rollers to go? S-track chairs follow the curvature of the spine and typically end at the bottom of the spine while L-track rollers will continue down below the back and curve in an L-shape massaging into your gluteal muscles and hamstrings. The Ogawa Active is currently the only chair in the market that combines the best of both worlds with their patented SuperTrac system.



[S-Track Massage Chairs](#)

S-Track Massage Chairs follow the curvature of the spine starting from neck all the way down to the bottom of the spine in an S-shaped pattern. S-Track Rollers range in length from 26 inches all the way up to 32” long. The longer rollers will actually be able to massage from your neck all the way down to the top of your glutes. An S-Track is actually what is seen in the majority of high quality chairs currently available.

Don't let an S-track roller deter you from certain massage chairs—some of our very best massage chairs (award winning massage chairs) are S-Tracks.



[L-Track Massage Chairs](#)

As you can see from this diagram, the rollers of an L-Track chair typically begin just below the neck, follow the curvature of the spine and around the gluteal muscles and hamstrings. The rollers of L-Track chairs range in length from 42 inches all the way up to 53 inches in length. The most common L-Track roller length is 50 inches.

Roller length is really only a small part of the equation when trying to determine the quality of the massage a chair will deliver.



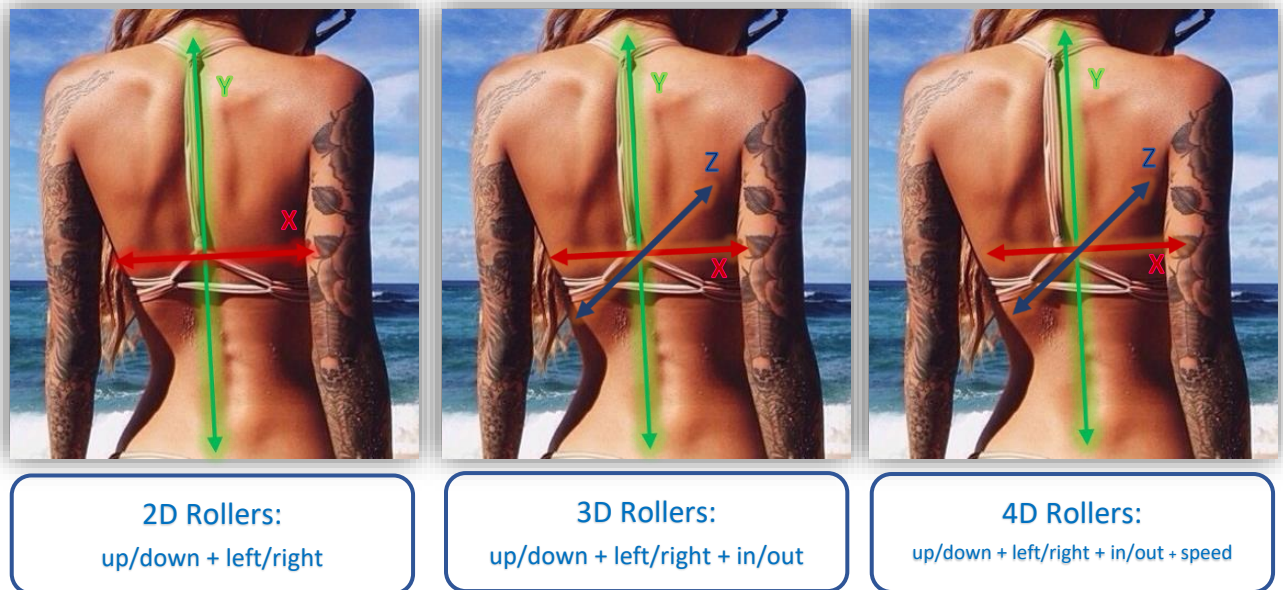
[SuperTrac Massage Chairs](#)

The [Ogawa Active SuperTrac Massage Chair](#) is currently the only chair in the market with Ogawa's patented SuperTrac system which truly combines the best of S-Track and L-Track technology. While in the S-Track position, the chair is able to massage from the neck down to the tail bone using all of the automatic and manual programs. In order to engage the “SuperTrac” position, you would just press the “Uniq” button and the chair will recline into a horizontal position (similar to lying in bed) and massage from the neck all the way down to the glutes. And guess what?! You still have the ability to use all of the same automatic and manual programs that were available in the S-Track position. You can access the SuperTrac from a completely horizontal or true zero gravity position which isn't possible with other chairs.

One of the unique things about the SuperTrac is that the back reclines completely independent of the seat—this is the only chair with that functionality. L-Track chairs cannot recline independently from the back rest to the seat. Ogawa will be coming out with a new chair in their lineup later this year—we are hoping that they integrate all of the features of the [Ogawa Smart 3D](#) with the SuperTrac technology to create a truly special chair.

2D | 3D | 4D Roller Technology

Perhaps one of the most important advancements to the industry is the 3D roller. 2D rollers move back and forth along the X-Y plane (back and forth + up and down) while the 3D roller actually protrudes *into* the body from 2.2 inches to 5 inches closely mimicking the feel of human hands.



2D Rollers

Until recently, almost all massage chairs were 2D. With this type of roller, you cannot adjust the intensity of the massage very well as the rollers are just able to move back and forth + up and down because the rollers remain on a flat plane in two dimensions.



3D Rollers

3D rollers allow you to access the Z-plane and 3rd dimension of a massage creating the most realistic experience possible. The depth of the rollers can be adjusted forward or backward to increase/decrease the intensity of the massage. This flexibility allows each user of the chair to create and customize the intensity to their liking. If you prefer a very deep massage and your significant other wants gentle, you have the flexibility in this chair

to cater to both of you! The 3D Roller Technology found in premium massage chairs provide outstanding deep tissue massage to the lower back and neck area.



Body Scan

All 3D chairs come equipped with a full body scan which serves to optimize the roller in order to detect acupoints along the neck and back to fully customize and improve the overall massage experience. The best massage chairs available today offer features that allow you to save multiple user profiles so that the body scan can be saved into memory and you can get right to the massage without waiting for the chair to complete a scan before each use.



4D Rollers

4D massage chairs are not really different from 3D massage chairs *except* the user more control over the depth and rhythm of the massage. There are often more strength adjustments with 4D chairs as well as the ability to adjust roller speed. Speed can't really even be considered a dimension. THAT'S IT! If you thought a 4D chair was some type of technological wonder propelling you into the 4th dimension, you've been sold some very good lines. In all honesty, 4D is more of a marketing play than anything

else.

Here's a little secret: most, if not all, massage chairs have a button that can be pressed on the remote to speed up or slow down the roller function in play. For example, if you are enjoying a kneading and tapping mode in your chair, press the speed button and the speed of the kneading and tapping increases oftentimes increasing the intensity of the massage.

Other Special Features



Air Compression Massage

You will find that most chairs on the market have some type of air compression included in the massage chair. Air compression gently (or tightly) squeezes the body in different areas to provide pressure and relief to many parts of the body.

Typically, there are airbags in the:

- Shoulders
- Torso
- Arms (oftentimes including the bicep/tricep area as well as the forearms)
- Hands and wrists
- Hips

- Legs
- Calves
- Feet

The better the chair, the more air bags and motors within to control the air pressure. Some chairs even include calf rollers and foot rollers to reach those special acupuncture and reflexology points. Our chairs have anywhere from 4 airbags for our most basic chairs to 100 for our most advanced chair. Not all air compression systems are created equal! If this is important to you, please give us a call so that we can help you make the best choice possible.



Foot Rollers

Foot rollers are different from air compression within the calf and foot region. Only the premium massage chairs include foot rollers while very few include calf rollers and/or a calf acupuncture ball integrated within the airbag system. We currently carry a couple of models with the calf roller option. If you've sat in "newer" massage chairs, you probably noticed that while the squeezing feels quite good, rollers could make the experience even better. Foot rollers coupled with a complete body scan help the massage chair to

truly deliver healing reflexology which is an amazing health benefit.



Heat Therapy

It's no secret that heat can help to loosen sore muscles and promote blood-flow which makes it a logical addition to any good chair. As the muscles warm up, the tissue will loosen and allow the massage chair to provide a better, more therapeutic massage. Many massage chairs come with a lumbar heat option and a few premium chairs feature heat in the foot, calves, seat and front areas for more of an all-over-body option. The [Luraco iRobotics i7 Massage Chair](#) offers the most comprehensive heat option.

Entertainment Systems: Smart Tablet Technology | Bluetooth | MP3

Many of the higher end chairs now include and integrate either an MP3 connection, SD card slot or Bluetooth seamlessly into their massage chair design with discreet, crisp speakers. This will allow you to listen to your favorite relaxing music, a podcast or even carry on a phone conversation. Many of our premium chairs come equipped with a touch screen remote similar to your favorite cell phone—this new option has really made the remote easy to operate and very user friendly.





[Chromotherapy](#)

Chromotherapy, or color light therapy, has become a popular addition to many massage chairs. The thought behind it is that the soft hues serve to further relax the mind and improve the overall ambiance. Common colors typically used are blue, green and red in a soft, illuminating hue. Color therapy helps bring balance to the mind and promotes better health and well-being.



[Space Saver](#)

Space Saver massage chairs have been specifically designed to fit into tighter spaces. These chairs rotate down and out creating a much smaller footprint than traditional chair models. The beauty of the space saver massage chair is that they can be placed within 2 inches of a wall. We carry 12 different space saver models from Human Touch, Infinity, Titan, Apex and Osaki. [Click here](#) to check out all of our Space Saver Massage Chairs.

Durable Medical Equipment Designation

There are even some chairs that carry the Durable Medical Equipment designation that can be helpful with insurance companies if you have been prescribed a massage chair by your physician or specialist. The [Luraco iRobotics i7 Massage Chair](#) carries this designation and is one of the only DME chairs available.