

Acupressure Mats



The other day I was talking to Asa from Bookham Chiropractic Clinic in Church Road; she was telling me about an exciting discovery she made on a recent trip home to Sweden; apparently in Sweden Acupressure Mats are incredibly popular. The Swedes are very into their alternative therapies and everyone seems to own one of these mats which are used to help with a number of problems including pain relief, insomnia, depression, fibromyalgia, stress and blood pressure problems. Asa was so impressed with what she heard from her friends and family that she decided to bring Acupressure Mats back to Bookham; in fact she has exclusive rights to supply them in the UK!

So what exactly are these strange mats and what do they actually do?

Acupressure Mats have actually been in use for many years; they are considered to be 'The Mother of Acupuncture' being used to simulate the body's energy flow long before the more commonly known needles were used for this purpose. From a physical side the points on the mat stimulate the release of endorphins and a range of other calming hormones within the body, which in turn, help with natural pain relief and also increases the blood & lymph circulation which has a healing effect. The result is a sense of deep relaxation and natural well being.

Asa asked me if I would like to have a go! Although a little apprehensive, being somewhat cowardly when it comes to

pain! I said I would be happy to try out this intriguing therapy!

The mat is made from Thermo Plastic Elastomer, which is basically a strong non-allergic material and consists of a high density of plastic spines which have been arranged in a way to best stimulate the body's internal abilities to heal. They contain no latex or PVC.

Still wearing my tee shirt I hesitantly lay down on the mat, Asa was there to reassure me and some relaxing music played. It was a little uncomfortable at first but pretty soon I started to relax and realised I hadn't needed to be nervous! I lay on the mat for about 40 minutes and by the end I was so relaxed I very nearly fell asleep. Luckily I don't have any back or neck pain so was unable to judge how the mat may help a condition such as this, but I must say I did feel very calm afterwards.

So many of us live life in the fast lane and I personally think there is an awful lot to be said for some of these traditional therapies; I found the session rather like a meditation – some time out to recharge and relax really helps to get you through the day. Endorphins flowing I left feeling calm and energised to continue with my day.

Asa is happy to welcome you for a free trial session like the one I enjoyed.

If you are interested give her a call to book an appointment. 01372 457840
Website: www.acupressuremats.co.uk