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massage

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Work it Out: How a Daily Massage Break Can Improve Your Workday

You've been slouched in your chair for hours in front of the computer and your spine feels like a pretzel. Or hunched over those TPS reports all afternoon and you can almost hear your neck and shoulder muscles screaming for relief. We think it's time you took a little massage break.

Why massage? Experts say that short breaks throughout the workday improve overall focus and concentration. Add massage, and you can bring lowered stress, overused muscle relief and even improved morale to the party.

Here are a few ways suggestions for making the most of your daily massage break:

If you spend a lot of time sitting and your lower back is paying the price, get up and stretch several times during the day. Then place a massaging seat topper or cushion on your office chair to really reap the benefits of those loosened muscles. Heat will give you an even more soothing experience. For example, our [iNeed® Heated Shiatsu Seat Topper](#) (680454) offers three types of massage with heat. For relief without heat in a portable style, try our [iNeed® Lumbar Massage Cushion](#) that targets lower back discomfort with deep, targeted Shiatsu massage. (639260)

How about those aching neck and shoulders? Do some basic neck tilts and shoulder stretches, being careful not to overextend.* Then try a handheld massager to zero in on trouble spots. Our [iNeed® Neck & Shoulder Pro Massager with Heat](#) (656454) can be easily raised or lowered over your back and shoulders get all those hard-to-reach places. And our [Active Sport Handheld Massager](#) lets you choose from three interchangeable heads for all-over muscle relief. (672469)

Sore feet? If you're going to be sitting for awhile, kick off those pinchy shoes and slip your feet into some soft slippers, like our [Tempur-Pedic® Slippers](#) (744107) with their pressure-relieving TEMPUR® footbeds. If you really want to pamper yourself, try our [OSIM® uSqueez® Pro Foot and Calf Massager](#) to restore and rejuvenate those hard-working legs and feet.

For all-over relief, nothing beats heat. Our [3-in-1 Wrap with Cordless Heat Bean](#) (734397) lets you literally wrap yourself in soothing heat. If you want the option of cold therapy as well, try one of our [hot/cold therapy wraps](#) (635326) that can be warmed in a microwave or chilled in a freezer.

Treat yourself to a massage break at work this week, with a little help from Brookstone. You'll feel more energized, rejuvenated, and more than ready to take on your next work challenge!

*IMPORTANT: Individuals should consult with their physicians before beginning any new exercise program. Our massagers are for adult use only.

IMPORTANT: Any individual who may be pregnant, has a pacemaker, suffers from diabetes, phlebitis and/or thrombosis, is at an increased risk of developing blood clots, or who has pins/screws/artificial joints or other medical devices implanted in his/her body should consult with a physician before using a massaging device designed for home use.

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