

WELLNESS BY VERY DIFFERENT MEANS



body massage. It is like two rolling pins, with heat, going up and down your legs and your back and shoulders. Thirty-five minutes on that and you feel a touch light-headed. Water is good, but the medium-term benefits start to really sink in after a couple of sessions.

It is not what you might call a 'relaxing massage' in the manual therapy sense, especially when your lower back is being worked, but you can actually feel a whole lot better after just 2-3 sessions. The knot in my shoulder was gone, as was some occasional pain in my lower back. The toxins, of which there were many, seemed to drain out of my body. For one who works long hours in front of a computer and doesn't always get the opportunity for regular exercise, this is heaven-sent.

Now I have the heat up to the maximum (70 degrees), and have dispensed with the towels under my back. In fact, my two sessions every few days have become an indispensable part of my week.

It's going gangbusters at the Ellerslie clinic, one of four in Auckland, according to the main man Ben

Morris. He's had 839 people use the beds since opening in February. The feedback has been almost universally popular. Once you get through the first session, you are invariably hooked. The benefits are wide-ranging, from lowering blood pressure, to stimulating blood flow. Sports people have used it as an effective rehab tool with injuries. Morris himself used the bed to help recover from the soreness and lactic acid following long runs.

That's the thing though. Migun can benefit people from all walks of life, from the elderly who have suffered bad health to the office worker to the footy player.

Morris has mainly taken business from individual sportspeople, but is keen to help out teams. The Brazilian soccer team uses the Migun beds, which originated in South Korea, as part of its training regimen. One day the All Blacks?

"The biggest thing is word of mouth. I can't fault the machine. It does most of the work," says Morris. "It seems to work for everyone, short or tall."

– Campbell Burnes

It is a strange feeling the first time you lie on one of the four Migun thermal beds at Ellerslie. This is because you will never have experienced anything of its like before. When you think of a massage, you think of hands-on therapy, perhaps with oil. That option is also available. But the Migun bed gives you a full, slow, automated

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