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Best Massage Chairs of 2024

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Reviewed by [Marlo Jappen Porto](#)

Updated: March 29, 2024



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Massage chairs offer a variety of settings and intensity levels to help you relax and find relief from pain and discomfort. With these devices, there's variability between the number of massage settings, heat options, styles and finishes, and, of course, prices.

If you're looking for the best massage chair to suit your needs, our list of the top options has you covered whether you have limited space, a tighter budget, or a preference for a specific massage technique.

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Best Overall

Relaxe Zero-Gravity Shiatsu Massage Chair Wit...



PROS:

- ✓ 12 massage functions
- ✓ Delivers full-body massage

CONS:

- ✗ Expensive
- ✗ Bulky

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✔ Zero-gravity setting

Unwind with the Relaxe Zero-Gravity Shiatsu Massage Chair With Heating. This model features a 53-inch SL-track, providing a full-body massage and targeting areas that some other chairs may miss. An SL-track is an extended version of a traditional S-track. Like the S-track, it follows the natural curvature of the spine from your neck to your lower back. However, it offers greater coverage than the S-track, as it additionally targets your buttocks and thighs for a more comprehensive massage.

This model has four shiatsu back rollers and 28 airbags to soothe sore muscles and help users de-stress. Choose from five manual massage techniques: Shiatsu, Kneading, Knocking, Tapping, and Kneading and Tapping. To further customize your massage experience, there are five adjustable speed levels, three air pressure intensities, and three gear widths. This chair also has a zero-gravity setting, which will recline you so that your legs are above your heart, giving you the feeling of weightlessness.

The Relaxe Zero-Gravity Shiatsu Massage Chair is available in three finishes to coordinate with your space: black, coffee tan, and hickory brown. Each model comes with a smart remote control to help you easily switch between massage modes. The chair is also Bluetooth-enabled with surround sound so you can play your favorite music during each massage for an even more relaxing experience. Unlike some other models, this massage chair arrives fully assembled, so you can start using it immediately.

Specs

List Price:	\$5,330
Dimensions:	61.5 in. L x 30 in. W x 44.5 in. H (upright), 69.5 in. L x 30 in. W x 33 in. H (reclined)
Material(s):	Polyurethane (PU) leather
Programs:	12 massage functions, 5 speed levels, 3 intensity levels,

3 gear widths

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Best Budget

Best Choice Products Faux Leather Electric Ma...



PROS:

- ✓ Relatively inexpensive
- ✓ More compact design
- ✓ Comes with an Ottoman and a wireless remote

CONS:

- ✗ No zero-gravity option
- ✗ Doesn't massage legs or feet

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Costing just less than \$350, the Best Choice Products Faux Leather Electric Massage Recliner Chair is an appealing pick for those who cannot afford to or don't wish to spend thousands on a full-body massage chair. This option comes with two pieces: a reclining chair and an Ottoman. Both the chair and

Ottoman offer massage points to help target more areas of your body. The backrest of the chair is equipped with a heating element for soothing relief and relaxation. There are five different preprogrammed massage options, two modes, and nine intensity levels to help each user find their preferred settings.

The Best Choice Products Faux Leather Electric Massage Recliner Chair comes with a wireless controller for starting the massage rollers, turning on the heat, and switching between different settings. You can purchase this model with a black or brown faux leather finish. While the chair doesn't arrive fully assembled, setup only involves a few quick steps.

Specs

List Price:	\$349.99
Dimensions:	27 in. L x 29 in. W x 41 in. H (upright), 46 in. L x 29 in. W x 31 in. H (reclined), 16.5 in. L x 19.5 in. W x 16 in. H (Ottoman)
Material(s):	Faux leather
Programs:	5 preprogrammed massages, 9 intensity levels, 2 modes

[Buy From Amazon »](#)

Best Zero-Gravity

iRest Massage Chair »

**PROS:**

- ✓ Three zero-gravity angles
- ✓ Artificial intelligence (AI) voice control
- ✓ SL-track design for full-body massage

CONS:

- ✗ Relatively large footprint
- ✗ Not very budget-friendly

[Buy From Amazon](#)

Zero-gravity massage chairs elevate the legs above the heart, decreasing pressure on the spine, alleviating lower back pain, aiding in relaxation, and more. If you're looking for a massage chair that'll allow you to enjoy all of these potential benefits, consider the iRest Massage Chair. Instead of just one zero-gravity setting, this model offers three different zero-gravity angles to help users achieve their most comfortable position.

Beyond the zero-gravity benefits offered by the chair, you can choose from five different massage techniques depending on your preferences and what feels best at a given moment. The techniques include kneading, tapping,

knocking, shiatsu, and a combination of tapping and kneading. With the SL-track, this chair can massage the entire body from the neck down to the feet.

It also features airbags to deliver air compression to the whole body. A few additional key features include the heating pads on the lower back region, Auto Body Scan to ensure the ideal massage setup for each body, Bluetooth speaker, and AI-voice control function.

Specs

List Price:	\$2,198.89
Dimensions:	61.02 in. L x 29.53 in. W x 45.08 in. H (upright), 68.9 in. L x 29.53 in. W x 35.83 in. H (reclined)
Material(s):	Faux leather
Programs:	12 massage functions, 5 massage techniques, 3 zero-gravity angles

[Buy From Amazon »](#)

Best for Small Spaces

Snailax Shiatsu Back Massager Seat Cushion »

**PROS:**

- ✓ Compact and portable
- ✓ Affordable
- ✓ Adjustable massage nodes

CONS:

- ✗ Limited massage program options
- ✗ Doesn't massage entire body

[Buy From Amazon](#)

Consider the Snailax Shiatsu Back Massager Seat Cushion if you have a smaller space that won't comfortably accommodate a full-size massage chair. This portable massage cushion folds flat for storage, allowing you to stow it away and take it out when you're looking to de-stress. You can place the cushion on a [sofa](#), recliner, [dining chair](#), or [office chair](#) or move it between several chairs to enjoy a massage whenever desired. It includes a strapping system to prevent it from sliding around on a chair.

Once you have the cushion set up on a chair or sofa, use the attached remote to switch between three different massage zones and three intensity levels. Additionally, you can adjust the height of the massage nodes to customize the feel to match your preferences. If you find the massage to be too intense, you can attach the intensity control flap to the backrest for a

gentler feel. The Snailax Shiatsu Back Massager Seat Cushion is available in four different color options: gloss black, grey black, grey and black, and off-white.

Specs

List Price:	\$128.55
Dimensions:	14 in. L x 16 in. W x 26 in. H
Material(s):	Leather and mesh
Programs:	3 massage zones, 3 intensity levels

[Buy From Amazon »](#)

Best Full-Body

Real Relax Favor-06 Massage Chair »



PROS:

- ✓ SL-track for full-body massage
- ✓ Supports up to 400 pounds
- ✓ Integrated Bluetooth music player

CONS:

- ✗ Some assembly required
- ✗ Individuals taller than 6 foot, 1 inch may not fit comfortably

[Buy From Amazon](#)

Enjoy a full-body massage with the Real Relax Favor-06 Massage Chair. This model uses an SL-track to effectively target and stretch areas from your neck to your hips using 3D robot hands. You can choose from six different massage programs, including Relax, Thai, Recovery, Sleep, Strong, and Chinese, along with five airbag intensity levels. This device offers a heated setting that provides soothing relief for your back. Unlike some models that don't massage the lower calves, ankles, or feet, this chair allows you to target these areas as well. Enjoy airbag massagers for your feet and calves, along with massage rollers for your feet.

The Real Relax Favor-06 Massage Chair features a zero-gravity setting. Simply press the button on the remote to elevate your feet to the level of your heart to experience the benefits of this position. You can download the accompanying app to easily switch between settings using your smartphone. Real Relax sells this massage chair in three different colors to coordinate with different spaces: black, brown, and blue. The chair can also support up to 400 pounds of weight.

Specs

List Price:	\$1,899.99
Dimensions:	57.48 in. L x 28.34 in. W x 41.12 in. H (upright), (reclined unlisted)
Material(s):	Faux leather

Programs:

6 auto programs, 5 intensity levels

[Buy From Amazon »](#)**Most Stylish****Human Touch WholeBody Recliner Massage C...****PROS:**

- ✓ Attractive wood accents
- ✓ Retractable Ottoman
- ✓ Swiveling base

CONS:

- ✗ No zero-gravity option
- ✗ Doesn't massage feet

[Buy From Amazon](#)

If you're looking for a sleek and stylish massage chair that'll add to and not detract from your room's aesthetic, consider the Human Touch WholeBody Recliner Massage Chair. This model offers a more streamlined design than some other bulkier models and more closely resembles a standard recliner.

It also offers elegant polished wood accents, giving it a more sophisticated look. Choose from bone, charcoal, or sable faux leather finishes to pair with the chair’s dark polished wood accents.

Beyond its stylish appearance, this chair offers several features that work together to deliver a relaxing and enjoyable massage experience. There are seven different massage programs to choose from, and users can adjust the intensity along their lower back and shoulders for a more customized massage. Choose how to position the footrest: with slots to enjoy a massage on your calves or with the flat side out to use as an Ottoman for resting your feet and legs during your massage. A few other notable features of this chair include the gentle Warm Air Technology, an included remote, a USB charging port, and a swiveling base.

Specs

List Price:	\$2,499
Dimensions:	44 in. L x 28 in. W x 40 in. H (upright), 66 in. L x 28 in. W x 29 in. H (reclined)
Material(s):	Polyurethane
Programs:	7 auto programs, 3 massage techniques, width adjustment

[Buy From Amazon »](#)

Best for Advanced Features

Osaki OP-4D Ultima »

**PROS:**

- ✓ Voice control feature
- ✓ 12 programs
- ✓ Full-body massage with SL-track

CONS:

- ✗ Takes up a lot of space
- ✗ Expensive

[Buy From Brookstone](#)

If you're looking for a high-end massage chair that comes with all the bells and whistles, the Osaki OP-4D Ultima fits the bill. This chair utilizes a 4D massage mechanism designed to replicate the feeling of human hands that delivers a deep tissue massage. With the SL-track design, the rollers will help you target problem areas. You can choose from 12 auto programs and six massage styles to find the perfect match for every situation. The chair also offers heated settings for both the lumbar and calf regions along with 48 air cells to deliver massaging compression to the whole body.

To provide the ideal massage for every body type, the Osaki OP-4D Ultima uses computerized body-scanning technology to properly position the rollers. You can control the chair using the attached panel. Alternatively, the voice control feature lets you give commands to switch modes and start or

stop the massage. Some of the other top features of this unit include the zero-gravity setting, extendable footrest, and Bluetooth-enabled surround-sound speakers.

Specs

List Price:	\$7,999
Dimensions:	63 in. L x 29.5 in. W x 48.5 in. H (upright), 71 in. L x 29.5 in. W x 35 in. H (reclined)
Material(s):	Faux leather
Programs:	12 full-body auto programs, 6 massage techniques, 6 speed levels, 5 intensity levels, 3 adjustable degrees of width

[Buy From Brookstone »](#)

The Bottom Line

Each person should consider their individual needs and preferences before purchasing a massage chair. Think about the areas you want to target and your preferences regarding massage types and intensity levels. You should also keep your budget in mind, consider the amount of available space in your home, and think about which chairs will coordinate with the rest of your furniture and decor. We chose the Relaxe Zero-Gravity Shiatsu Massage Chair With Heating as our top pick. We like that this model has several massage and heating settings, including a zero-gravity option. We also like that it offers a full-body massage from the neck down to the feet.

Things To Consider When Buying Massage Chairs

Size: “Before purchasing, determine where in your home the chair will be placed,” explains C.G. Funk, chief therapeutic experience officer at Massage Heights. To make sure that the chair will fit in your space, Funk says you should “measure the area and include space around the chair to ensure adequate room.” Additionally, since “chairs may have different electrical outlet requirements,” she notes the importance of confirming that the “electrical outlets in this space match the chair you are interested in.”

Think about how often you plan on using the massage chair and whether or not you want to be able to use it in different areas of the home or even at the office or another location. For some users, a portable and more compact massage cushion may be a better solution than a full-body massage chair, as the latter can be quite heavy and bulky.

Comfort and Design: Comfort should be one of your top priorities when shopping for a massage chair. If the chair you purchase isn’t comfortable, it isn’t going to help you relax and may even exacerbate the pain that you’re looking to relieve. When considering comfort, there are a few different features and factors to look at. First, consider the material and how it’ll feel against your skin as you sit in the chair.

Your body size and type can greatly impact how comfortable a given chair will feel. Taller individuals will need the headrest in a higher position than those with a shorter stature. To better meet the comfort needs of individuals of varying heights, some massage chairs offer adjustable headrests or even body-scanning technology to set the rollers and airbags in the ideal position for each person.

Some massage chairs also offer a higher weight capacity than others. Such models may offer greater stability for those with a heavier body weight. “Because of the varying sizes, it’s wise to try out different brands to determine what is most ideal for your height and size,” says Funk.

Massage Type and Zone: “I like a massage chair that offers you a way to customize the massage experience to different zones of the back and body,” says Marie Watkinson, massage therapist and owner of Spa Chicks On The Go. Take note of the

different massage settings offered, such as shiatsu, rolling, tapping, and kneading, to make sure that the chair you purchase offers your preferred methods. Watkinson says that she also likes “modes that allow you to hold a certain area with a remote control.” Such models can help you apply targeted relief to a painful area, such as a tight muscle.

As you’re reading the description for different massage chairs, look for information about the type of rollers they have. Rollers are often described as 2D, 3D, or 4D. The 2D rollers offer more limited motions. They only roll up or down the chair or from one side to the other. In addition to moving up, down, and side-to-side, 3D rollers can also move forward to press against you. The 4D rollers are capable of performing more advanced motions and speeds to more effectively mimic a true massage.

In the description for each massage chair, you may also find information about the track type. The track refers to the path the rollers follow. There are three main track types.

- **S-Track:** While S-track massage chairs can be effective when in a flatter position, the rollers don’t reach far enough below the base of the spine to target the glutes. These chairs are excellent for stretching the body, however.
- **L-Track:** L-track massage chairs address the shortcomings of S-track chairs by extending farther down to reach the glutes. Unfortunately, with the shape of the track being more fixed, the massage won’t be as effective if you try to use the chair when lying flat.
- **SL-Track:** Also called a split or hybrid track, these models offer the best of both worlds to effectively stretch your body, target the glute areas, and provide a comprehensive full-body massage whether you’re sitting more upright or reclining back.

Additional Features: While some massage chairs are relatively basic, others offer extra features. Consider which, if any, of these features will help deliver a massage experience that best matches your preferences.

- **Heat:** Chairs with heated options may offer additional pain relief or aid with relaxation or de-stressing. Take note of which regions of the chair have the option for heat therapy, as it may vary between models.

- **Zero-Gravity:** A zero-gravity massage chair reclines farther back than other models, elevating your feet above the height of your heart. Putting the body into such a position reduces pressure on the spine, which can alleviate back pain. Putting your body in a [zero-gravity position](#) can also support healthy blood flow and circulation, improve your posture, and help you relax.
- **Bluetooth Connectivity:** Some massage chairs offer Bluetooth connectivity and built-in speakers, allowing you to listen to your favorite music as you enjoy a massage.
- **Voice Control:** Voice control could upgrade your overall experience. These chairs make it possible to change between settings, stop or start a massage, and more via voice commands.

Warranty: Massage chairs often require a significant investment, with many models costing thousands of dollars. For this reason, it's important to closely consider the warranty offered by the manufacturer to protect your purchase. First, purchasing your massage chair from a reputable company can provide you with some peace of mind that they'll still be around in the future to address any potential problems or malfunctions with the chair.

Consider the length of the warranty offered by each manufacturer. Aim to find a model that comes with a minimum of a two-year warranty, though finding a manufacturer that provides a five-year warranty would be even better. Warranties that last for only a few months could be a red flag that the manufacturer doesn't have confidence in the longevity of its product. Closely read reviews from past customers if you're considering purchasing such a model.

How We Chose the Best Massage Chairs

To help us finalize our list of the best massage chairs, we sought input from two experts in the massage industry: Marie Watkinson, a licensed massage therapist and owner of [Spa Chicks On The Go](#), and [C.G. Funk](#), chief therapeutic experience officer at Massage Heights. We also closely considered ratings and information provided by users and professional reviewers to help us highlight well-trusted products. Finally, we aimed to offer a variety of options to fit different massage preferences, budgets, and design needs.

WHY SHOULD YOU TRUST US?

The author of this piece, [Deirdre Mundorf](#), has been a freelance writer for more than five years, covering home and health products. A regular contributor to U.S. News 360 Reviews, she has written about the [best massage guns](#), [pregnancy pillows](#), and [anti-fatigue kitchen mats](#), among other topics. You can also find her work in Bob Vila, USA Today, and House Digest.

FAQ

- Are massage chairs effective?**

+
- Are massage chairs safe to use?**

+
- Why do most massage chairs incorporate heat?**

+

About Our Team



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Mundorf is a freelance writer who specializes in home goods, family, and pet content. She has more than three years of experience as a professional writer and her work has been featured in [Bob Vila](#), [Discover Magazine](#), and [House Digest](#). Prior to her freelancing career, Mundorf was an elementary school teacher for more than a decade.

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