

# Different Types Of Neck Massagers And Their Features



## Kneading Shiatsu massager

Relieves muscle tension by imitating the massage techniques used during a hand massage.

## Massage balls

Used manually to relieve a stiff neck by resting the neck on the balls against the wall or yoga block.



## Heated

Applies heat to relax the body and muscle tension.

## Vibration

Uses a throbbing sensation to improve blood circulation and relieve muscle stiffness.



## Massage gun

Applies percussive pressure on the targeted area to reduce neck pain.

## TENS devices

Sends electrical pulses to stimulate nerves and minimize muscle soreness.



Image source: Amazon