

Acumag Eye Massager



Massage for

- Relaxing
- Eye Strain
- Tension
- Reducing wrinkles & dark circles around the eyes
- SINUS BUSTER
- Headaches
- Migraines
- VDU & Driving fatigue
- Stress
- Neck Tension
- Snoring

Mechanical stimulation is produced around the eyes and upper nose region, both in the form of applied vibration and finger-like action on pressure points

This overall massage stimulation is useful for reducing stress, improving skin and muscle tone, tension, sinusitis, eye strain, headaches, driving fatigue and VDU fatigue.



EYE ON A REMEDY

THE Eye Massager looks like a space-age Zorro mask with pinholes and rubbery 'fingers', which are battery-activated to 'massage' the area and acupressure points around the eyes. It is a very strange (but not unpleasant) feeling, which is more intense vibration than massage. But even stranger is the fact that if you are short-sighted, after you have used the massager for two minutes, your vision and focusing will improve.



Our short-sighted tester could read virtually every line on an optician's chart straight after using it, but the effect is only temporary. However, with regular use you can apparently strengthen the eyes and improve both short and long sight. The Eye Massager is also effective for headaches, eye fatigue, stress and — it is claimed — it helps prevent eye bags by strengthening the circulation around the eyes. But don't leave it on for too long (no more than ten minutes) or the vibrations may make your headache return.



TREATMENT OF THE WEEK

The aim: To help with headaches, stress, tired eyes and blocked sinuses
The treatment: Acupressure Magnetic Eye Mask (with aromatherapy)

Relaxation is a concept alien to my body — it simply can't do it. But anything that might coax it into a less wired state is worth a try. The eye massager may look like a welder's mask, but its pinholes and soft foam 'fingers', which gently vibrate and massage pressure points around the eyes and nose, can help with headaches, general tensions, sinus congestion, blurred vision or computer-induced eye strain.

I suffer from all of the above, so I put on the mask, poured a few drops of lavender oil into the tubes at the base of the mask, lay back on the sofa and switched it on. My immediate reaction was to take it straight off — the noise was off-putting and the sensation was not immediately soothing. It took a few moments to adjust.

You can wear it for two to five minutes, so I set a timer for four minutes. I was outraged when the alarm rang in what seemed like seconds later. It is undeniably relaxing. You rapidly melt into the soft rhythm of the stimulating foam fingers and the noise becomes a distant hum.

Afterwards I felt clearer-headed and peaceful. When I looked through the pinholes, objects at a distance had much more definition, so I'm waiting to see if it helps my short-sightedness too. All in all, the eye massager is a wonderful quick-fix relaxer and, because it improves blood circulation, it's meant to reduce bags and wrinkles. For this, alone it deserves a round of applause.

Lucy Mayhew

The Acumag Eye Massager is available from Acumag Ltd (01322 447 610), priced £28 (including postage and packing)



For more details visit www.acumag.co.uk contact Acumag Ltd, 106 West St, Erith, Kent, DA8 1AQ, Tel 01322 447610.