

Heavenly Acupressure Mat Is a Down-to-Earth Solution for Beating Holiday Aches, Pains, and Gift-Giving Dilemmas

The Acupressure Mat, named "Christmas present of the year" in Sweden 2009, is now available in the U.S. The Heavenly Acupressure Mat targets acupressure points in the body to trigger the natural release of endorphins. It provides at-home relief from mental and physical stress...as well as an affordable solution to the 'headache' of holiday gift-giving.

Venice, CA (PRWEB) November 15, 2010 -- The Heavenly Acupressure Mat has arrived in the U.S. just in time to help people relieve the physical and emotional pains of everyday life, along with the headache of 'what to give' for the holidays. It is the newest product on the market to address Americans' growing interest in natural health and wellness.

The Heavenly Acupressure Mat uses the principles of acupressure to help relieve stress, anxiety, insomnia, and chronic back or neck pain, while at the same time increasing relaxation and an overall sense of well-being. And because no drugs are involved, the acupressure mats may be used safely by people of all ages to address a broad spectrum of physical and emotional complaints.

"Our mats deliver a daily 'dose' of wellness without drugs," reports Benjamin Buadu, President of the Heavenly Acupressure Mat Company. "That makes them a perfect Christmas gift to give to others, or to yourself."

The Science behind the Sensation

Acupressure, often termed 'needle-less acupuncture,' has been an integral part of Eastern medicine for over 5,000 years. Today, acupressure is embraced by the National Institutes of Health and the American Cancer Society in the U.S., the National Institute for Health Research in the U.K., and other well-respected Western medical institutions as a valuable and effective complementary medical treatment.

The basic premise of acupressure is that the human body is full of a life force or energy called "Chi." "When your 'Chi' becomes blocked or restricted, you can become ill, tired, stressed, or unhappy," explains Buadu. "By applying pressure to certain pressure points of the body the flow of your 'Chi' can be restored, which in turn promotes health and well-being throughout the system."

Like acupressure itself, acceptance of acupressure *mats* is also becoming wide-spread, with their use sweeping across Scandinavia, Western Europe, America and Australia. The acupressure mat works by applying non-penetrative acupressure on numerous points over an area of the body. The pressure stimulates the release of endorphins and oxytocin, the body's natural pain relieving and 'feel good' hormones.

"The Heavenly Acupressure Mat triggers the same 'feel-good' hormones that are released during exercise, when we are touched, or experience excitement and infatuation," says

Buadu. You simply lie on the mat on the area of the body affected. “The beneficial effects of the Heavenly Acupressure Mat will be felt from the very first use,” he says.

The Heavenly Acupressure Mat

The Heavenly Acupressure Mat was developed in 2009 and introduced in the US in 2010. It is the latest and most contemporary take on this time-honored health aid. Each Heavenly Mat has a total of 8820 contact points that, like hands-on acupressure, trigger the release of endorphins and oxytocin within the body.

“Our mats make it possible for anyone to enjoy the benefits of acupressure at home whenever they wish without having to schedule appointments or dig deep into their pockets,” says Buadu. Heavenly Acupressure Mats are available for “less than a single massage or acupressure session,” says Buadu. As a special holiday gift to consumers, they will be offered \$10.00 OFF each mat until December 15th, 2010 by using the discount code “divinebliss”

And during this year’s holiday season, when time and money are at a premium, that may be the greatest stress reliever of all.

For additional information about the Heavenly Acupressure Mat or to place an online order, please visit www.heavenlymats.com

About Heavenly Acupressure Mat

Heavenly Acupressure Mats are an easy and affordable way to enjoy the benefits of acupressure in the comfort of your own home. Each mat is made from 100% cotton, and incorporates 210 buttons with a total of 8820 pain-relieving contact points. Using the mat for just 10 minutes each day promotes relaxation, increased energy levels, and an improved sense of well being. The Heavenly Acupressure Mat was introduced in North America by the Heavenly Wellness Products Company, a pioneer in the natural health industry. For more information and to place an online order, please visit www.heavenlymats.com

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