

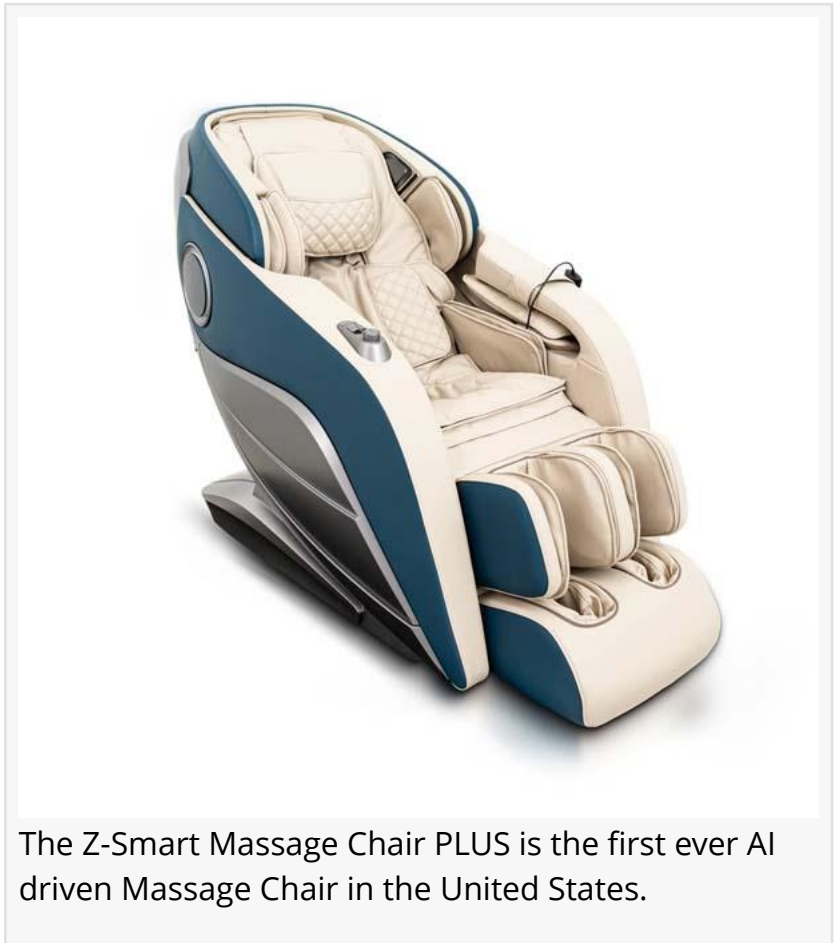
Using Massage as a Tool to Manage Depression

MURRAY, UTAH, UNITED STATES, July 12, 2023 /EINPresswire.com/ -- Zarifa USA cited findings that showed how massage therapy is an effective, nonmedicinal tool in combating depression," Zarifa USA CEO Yama Mustafawi made the statement.

According to [Mayo Clinic](#), "Massage is part of integrative medicine". Medical centers often offer it with standard treatment. It can be used for a wide range of medical conditions. Studies of massage benefits have found massage can: *Help reduce stress *Lessen pain and muscle tightness *Increase relaxation *Improve the work of the immune system. At Mayo Clinic, medical providers may recommend massage therapy to help people cope with the pain and stress of conditions such as cancer, heart disease, stomach problems or fibromyalgia."

For some, depression feels like a deep, dark, never-ending hole, seemingly inescapable and ever-present. Fortunately, massage tools are natural mood enhancers (non-prescription) and frequently eligible as legitimate medical expenses. All Zarifa USA products are FDA-approved Class I and II devices and eligible under HSA, FSA, or HRA.

Massage therapy increases endorphin levels and induces positive results. These 'feel good' chemicals run through the body and are associated with swifter recovery and reduced pain, depression and anxiety. Zarifa's [massage chairs](#) loosen tight muscles, increase endorphins, reduce pain, and improve mobility. Salt Lake City, UT residents get to personally test such products in Zarifa's new showroom while others can trust the unconditional, money-back



The Z-Smart Massage Chair PLUS is the first ever AI driven Massage Chair in the United States.

guarantee for all new massage chairs purchased online, and Zarifa will pay 100% of the return shipping/freight costs for the full fourteen calendar day return period.

“We are so pleased to learn that our massage chairs and tools have the power to help those suffering from depression and anxiety. We strongly believe in a holistic approach versus relying on habit-forming, addictive medications with horrendous side effects. We continuously strive to ensure all our massage tools provide the highest quality of relief and comfort to those who need it most,” said Mustafawi.

The Mayo Clinic also noted, “Massage therapy is one of many ways to cope with stress, and treat anxiety and depression. Some people mistakenly believe that massage therapy is only for pampering yourself. While this is true for some people, it also helps manage anxiety, depression and insomnia”.

Headquartered in Murray, Utah, Zarifa USA aims to assist and provide relief to the increasing number of over 100 million Americans suffering from chronic pain each year without using addictive substances such as opioids. Zarifa USA is committed to helping customers find pain relief through easily accessible products that deliver positive medical results. The Company supports pain sufferers through their difficult times and provides a positive, drug-free massage therapy experience. For more information, go to www.zarifausa.com, call direct 385-645-0255, or email support@zarifausa.com.

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