# Best Massage Guns for 2024: A Guide to At-Home Percussive Therapy



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Percussive therapy, delivered via massage guns, has become increasingly popular for alleviating muscle soreness and enhancing recovery. These devices send short pulses of pressure to soft tissues, aiding in pain relief, reducing stiffness, and improving circulation and mobility.

### Best Massage Guns:

1. **Therabody Theragun Elite (RED)**- **Price:** £369
- **Details:** Known for its deep tissue massage with 16mm amplitude, five head attachments, and customisable speeds via a Bluetooth-enabled app. Ideal for IT band stiffness and lower back pain.

2. **Hyperice Hypervolt Go 2**- **Price:** £219.01
- **Details:** Compact and lightweight, this device features two attachments and three speed settings. It employs QuietGlide technology for a quieter operation.

3. **MuscleGun Carbon**- **Price:** £169
- **Details:** Offers up to 3200 strokes per minute with five-speed settings. It includes voice-led tutorials through the Deep app and provides up to five hours of battery life.

4. **Power Plate Mini+**- **Price:** £119
- **Details:** This lightweight device fits easily into a gym bag, has four-speed settings, and offers five hours of battery life. It's easy to navigate and charges via USB.

5. **Myomaster MyoPro**- **Price:** £188.42
- **Details:** Comes with eight attachments, five-speed settings, and a charging stand. Designed by athletes, it caters to various muscle groups with an amplitude of 14mm.

6. **Recovapro Lite**- **Price:** £99.99
- **Details:** Weighing 700g, it features four head attachments and five-speed settings. It is available in multiple colorways for a personalized touch.

7. **Recovapro SE**- **Price:** £229.99
- **Details:** Known for its full-body deep tissue massage, the SE offers five speeds and attachments, with a charging dock and a 12mm amplitude.

8. **Theragun Mini**- **Price:** £120
- **Details:** Portable and lightweight, the Mini offers three speed settings and a 12mm amplitude. It has a triangular grip handle and a battery life of 150 minutes.

9. **LOLA Massage Gun**- **Price:** £60
- **Details:** Compact enough to fit in a gym bag, it offers four-speed settings and comes with a two-year guarantee, suitable for quick post-workout relief.

### Usage Tips:

* **Frequency:** Daily use is recommended with light pressure. For deeper massage, allow at least 72 hours between sessions.
* **Target Areas:** Calves, hamstrings, hips, lower back, shoulders, upper back, and feet can benefit greatly.
* **Areas to Avoid:** Avoid using on the face, directly on the spine, bony areas, varicose veins, and swollen/bruised zones.

These massage guns vary in features and price, catering to different needs and preferences.