# Acupressure mats surge in popularity as celebrities endorse stress and pain relief benefits



Acupressure, a practice that integrates traditional Chinese medicine with Western health techniques, is gaining increasing attention as a method to alleviate various physical ailments and promote mental well-being. The practice aims to soothe aches, reset the nervous system, and create a sense of calm without the use of needles, distinguishing it from acupuncture.

Acupressure often involves applying pressure to specific points on the body using fingers or blunt tools, unlike acupuncture, which employs thin needles. Recently, acupressure products have surfaced prominently on platforms such as social media, with items like ear seeds featuring on shows like "Dragon’s Den". A particularly popular form of acupressure is the use of mats, often referred to as "beds of nails", which are designed to provide pressure across the body through hundreds of tiny, raised plastic spikes.

These mats, which resemble yoga mats, are promoted for their pain-relief capabilities and are used by various celebrities, including Elle Macpherson, Jennifer Lopez, and Kate Beckinsale. Users often report benefits such as reduced stress, improved sleep, heightened energy levels, and alleviation of headaches and back pain. Anecdotal evidence suggests that they can help with muscle tension and enhance circulation—issues commonly experienced by individuals regardless of their activity levels.

As individuals lie on the mat, the pressure exerted by the spikes prompts the brain to release endorphins, which are natural chemicals that provide relief from pain and stress. The discomfort experienced may vary based on the spike density of different mats, with some designed for beginners and others intended for more intense use.

However, while many users applaud the benefits of acupressure mats, scientific validation remains limited. A solitary study conducted in 2011 implies that these mats can promote relaxation but larger, more thorough research is needed to substantiate these claims comprehensively.

To aid consumers in navigating the myriad options available, the Independent's wellbeing editor Emilie Lavinia and a testing team have evaluated numerous acupressure mats. Their testing encompassed various products aimed at different user levels, assessing aspects such as quality, design, and price. This evaluation process included trials after physically demanding workouts, during stressful workdays, and in the mornings for an energy boost, offering a comprehensive understanding of the mats’ effectiveness.

Looking ahead to 2025, the Independent will continue to provide insights and reviews of the best acupressure mats available, helping consumers make informed decisions in their quest for enhanced well-being.

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

1. <https://acaacupuncture.com/blog/what-is-an-acupressure-mat-benefits-how-they-work-and-more/> - This article explains how acupressure mats, which apply pressure to specific points on the body using fingers or blunt tools, can help reduce stress and improve sleep quality, aligning with the article's description of acupressure's benefits.
2. <https://www.goodrx.com/well-being/alternative-treatments/acupressure-mat-benefits> - This source discusses how acupressure mats have been shown to alleviate chronic headaches and reduce stress and anxiety, supporting the article's mention of acupressure mats' pain-relief capabilities and stress reduction.
3. <https://www.whowhatwear.com/beauty/best-pemf-mats> - This article highlights the popularity of acupressure mats on platforms like social media and mentions their use by celebrities, corroborating the article's point about acupressure products gaining attention on social media and being featured on shows like 'Dragon’s Den'.
4. <https://www.goodrx.com/well-being/alternative-treatments/acupressure-mat-benefits> - This source notes that acupressure mats have been shown to alleviate chronic headaches and reduce stress and anxiety, supporting the article's mention of acupressure mats' pain-relief capabilities and stress reduction.
5. <https://www.goodrx.com/well-being/alternative-treatments/acupressure-mat-benefits> - This article discusses how acupressure mats have been shown to alleviate chronic headaches and reduce stress and anxiety, supporting the article's mention of acupressure mats' pain-relief capabilities and stress reduction.
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7. <https://www.independent.co.uk/health-and-fitness/acupressure-mats-how-to-use-b1817776.html> - Please view link - unable to able to access data