

**D**on't be fooled by their intimidating appearance – acupressure mats will help melt away your tension.

Lying on several thousand plastic spikes may not be your go-to method of relaxation, but spending 20 minutes or so each day on an acupressure mat may welcome you to a whole new world of zen. Whether you're looking for a better night's sleep, to relieve stress or to target your body's tension areas, an acupressure mat can offer a plethora of health and wellbeing benefits – once you've battled through the initial discomfort!

Acupressure mats all have different stimulators – which are the plastic pressure points that create the unique but relaxing sensation. With so many mat and pillow sets available, it can be hard to know which one will suit your body and purpose. I tried and tested six brands to see how much of a nip the stimulators gave, and listed them from the least to the most intense mats.

**Premwell, £29.99, [premwell.co.uk](http://premwell.co.uk)**

Premwell have created a budget-friendly acupressure mat with highly-charged stimulators to deliver a premium experience. The mat and pillow duo have a simple but sleek design and provides a satisfying experience, ideal for those who want to challenge their body. As the stimulators are less forgiving than the mats listed, the mat will require a little more patience, yet it allows room for improvement.



**LyfeFocus, £34.98, [lyfefocus.com](http://lyfefocus.com)**

Feel a slight pinch but avoid a prolonged period of pain with the LyfeFocus acupressure mat set. As the stimulators are moderately intense, it takes around five minutes for the discomfort to ease and for the user to reach a state of relaxation. The mat is ideal for those hoping to increase sleep quality and release built up stress within muscles. As a mid-priced product, LyfeFocus is a safe bet for those wanting to gain the benefits of an acupressure mat without paying for a premium experience.



# TRIED AND TESTED: Acupressure mats

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**ResultSport, £26.99, [amazon.com](http://amazon.com)**

If you're looking for a better night's sleep courtesy of a budget-friendly mat, ResultSport could be your answer. The stimulators on this set are slightly blunter than on the others reviewed, giving a beginner-friendly feel and allowing the user to quickly reach a state of comfort. As the ResultSport mat is also at the cheaper end of the market, it's a great mat for acupressure newbies and can be easily transported in its convenient carry case.



**Shakti, £49, [shaktimat.co.uk](http://shaktimat.co.uk)**

Brace yourself – this mat is spiky! With the sharpest touch points out of all the mats reviewed, reaching a state of comfort will take slightly longer – approximately 10-15 minutes. The mat follows a simple design and does not include a pillow or carry case, but each stimulator is only fastened in the centre, allowing maximum flexibility when bending and repositioning the mat. As the stimulators are unforgiving, Shakti mats are best suited for experienced users, those with a high pain threshold, or for anyone hoping to build up their tolerance.



**Yoke, £69.99, [yokewellness.co](http://yokewellness.co)**

This earth-inspired mat will help you connect with Mother Nature. The soothing forest green colour, which reflects its eco-friendly properties, is coupled with over 7,000 ergonomic spikes to activate tension release. As Yoke is one of the more premium products on the market, you can expect a high-quality finish. The mat and pillow set fits inside the matching tote bag included and the packaging is 100% biodegradable. Stimulators are robust but not overly intense to provide a well-rounded experience.



**Sunshima, £59.50, [sunshima.com](http://sunshima.com)**

These eco-friendly mats are finished to perfection, with premium cotton fabric, beautiful yellow and white flower-shaped stimulators and a coconut fibre base. The pillow is filled with buckwheat, which not only provides head support but can be reshaped to target other areas of the body – such as the lower back. A thin fabric sheet is included to help the user adjust to the stimulators, allowing the mat to appeal to beginners and advanced users. The mat arrives in a convenient carry bag and a stylish box.