



Thank you for reading the Self Massage Tool PDF. We truly believe the benefits of massage are real and your body will benefit from using this information.

This document is going to provide you reasons why we recommend and love a certain massage tool.

From a comparison point of view, we explain the pros and cons of top leading self massage tools.

We believe everyone likes a massage, no matter what type of massage you like best. **However**, the cost (**money and time**) is the number one reason people see massages as a luxury service or a special treat/gift, not an every day thing.

**Well, that is about to change for you!!**

**IMAGINE...**

**Daily Massages ( *at your convenience* )**

Here are criteria of what a personal / self-massage tool should accomplish or do for the owner of the tool.

- 1) **FEELING:**  
Does the feel of the tool feel like a hand, fingers or thumb? Does it feel like a real hand massage?
- 2) **EFFORT:**  
Can the tool move freely around, effortlessly?
- 3) **PRESSURE:**  
Does the amount of pressure used during the massage have limitations? Will the tool continue to work if a lot of pressure is used, such as deep-tissue massage?
- 4) **HURT:**  
Does the tool unintentionally hurt you? Does the tool feel good on any body part?
- 5) **QUALITY AND SIZE:**  
Is the tool lightweight, portable and durable?
- 6) **EFFICIENT:**  
Is it easy and convenient to use? Is it efficient in terms of pressure used to pressure felt?
- 7) **IMMEDIATE RESPONSE:**  
Does it make you feel good? Does it make you say, "ahhhh"?
- 8) **TRIGGER POINT RELEASE:**  
In terms of trigger points, can you make very

delicately?

9) **MULTI-USE:**

Can the tool be used for all or multiple body locations? Obviously, the more body parts the tool can massage, the more usefulness it can be for the owner.

10) **PRICE:**

Is it low cost.

Lets get started.

This is the tool that meets **ALL** those criteria, the [Moji360](http://www.SelfMassageTool.com).



[www.SelfMassageTool.com](http://www.SelfMassageTool.com)

**Criteria #1 FEELING: Can it replicate a real hand massage? Does it feel like a hand, finger or thumb?**

Answer is yes, here is how and why.

A massage therapist will use their thumbs to really press hard on your body/muscles during a massage. The thumb is generally in the same shape as the steel ball. A massage therapist generally uses an oil or lubricant to allow the hand/thumb to glide on your skin. With the Moji, no oil is needed.

The balls can move effortlessly, just like a hand, except the Moji360 can actually give you a little more pressure with less effort due to the bar/pad the balls are connected too.

The pad can fit inside the palm of your hand as well, so the size is generally the same.

EXTRA BENEFIT: Instead of only 1 thumb, you get multiple thumbs, 7 to be exact.

**Criteria #2 EFFORT: Can it move around in any direction, freely and effortlessly?**

Answer is yes, here is how and why.

The steel balls are attached stationary to the pad, yet they are freely moving in any direction. It's like a ball bearing. So the Moji can move 360 degrees with as little or as much effort as you want it.

**Criteria #3 PRESSURE: Can the tool handle various amounts of pressure for different types of massage?**

Answer is yes, here is how and why.

The construction of the Moji360:

The mini is made of durable, flexible plastic that holds the smooth steel balls. The mini will curve, bend and form to your palm.

The larger massager is made of durable, plastic that is not flexible, intended to not bend or curve around body parts.

The steel balls allow movement under any amount of pressure, so there is nothing to get stuck or break.

**Criteria #4 HURT: Does the tool feel good on any body part? Can you use the tool without hurting you?**

In general Yes, but if you apply too much pressure on boney locations, such as the shin, it could hurt.

The Moji360 Mini is made out of soft plastic so it bends or molds to the body part. If you cup it in your hand, it will bend around the shin, which eases the risk of pain.

**Criteria #5 SIZE: Is the tool lightweight, portable and durable?**

Answer is yes; the Moji360 is very lightweight, made of durable plastic and extremely portable.

The Mini is only 6 x 3 inches, so it can fit on the palm of your hand and easily go any your bag. The plastic bends, but stiff enough to handle pressure.

The Massager is 19 x 2.5 inches and is hard plastic that has rounded edges, as to be comfortable when massaging with it.

**Criteria #6 EFFICIENT: Is it easy and convenient to use? Is it efficient in terms of pressure used to pressure felt?**

Answer is yes, its so simple to use, even your child can give you a relaxing massage.

Because the steel balls are free rolling, moving the tool is super easy. Then adding pressure is as simple as pushing the pad against your body. Using the Moji360 massager by yourself on your hamstring allows you to pull the tool with as much force, as you like, thus getting deep into your muscles.

**Criteria #7 IMMEDIATE RESPONSE: Does it make you feel good? Does it make you say, "ahhhh"?**

Answer is without a doubt yes. Every person who I've let use it has said, "Ahhh". Or "oh, that feels good". It just comes out. They might be skeptical by looking at it, but

that first few seconds of using it; they tend to start rubbing it all over.

**Criteria #8 TRIGGER POINT RELEASE: In terms of trigger points, can you make short, slow moving strokes that can be control very delicately?**

Answer is yes. This is important distinction between many other tools. The requirement to have controlled, short, slow moving strokes is very important when getting knots out. You can go as slow and/or put as much pressure as needed.

**Criteria #9 MULTIUSE: Can you, by yourself, massage all or multiple locations on your body?**

Answer is yes: This is only one location that can't be massage by yourself, which is your middle back area. The palm size mini tool can massage any place your hands can touch.

**Criteria #10 PRICE: Is it low cost and affordable.**

Answer is yes: You can get both Moji360s (bar and the mini) for \$69, or individually, \$49 for bar and \$29 for the mini. However, spending \$69 for both is basically what you might spend for a 1-hour massage. [Buy Now](#).

Obviously, you have not tried out the Moji, but for the price of a 1-hour massage, you can have the tools to get self-massages daily for the same price.

The benefits of massage are undeniable and the Moji360 is giving you the ability to get massages daily for a 1-time cost of \$69.

Moji even allows you a full 30-day return, if for some reason you think the Moji is not for you.



**Bonus Reason:** The Moji360 has multiple balls that do the massaging, so with one stroke multiple, the muscle can be massaged multiple times. This increases efficiency and takes less time to massage a location. One stroke could equal 7 strokes of another tool.

Next, lets go over the "foam roller". Because there are many makers and products in this same category, we are going to group them together and call them all a "Foam Roller". HOWEVER, because there are specific distinctions in a few certain foam rollers, they will be noted.



Also, we are going to also compare the foam roller to a 4-inch PVC pipe.

## Types Of Foam Rollers



PVC Pipe  
( has  
duck tape  
on it )



Any  
Smooth  
Roller



The  
Grid



Rumble  
Roller

**Criteria #1 FEELING: Can it replicate a real hand massage? Does it feel like a hand, finger or thumb?**

Answer is mostly no. A foam roller will have one wide contact point that does not move. You actually do the

moving ON the foam roller. This is not like a hand massaging your body.

Obviously, the foam can feel like a hand applying pressure in a static way, but its not feeling like a massage.

The PVC pipe does not come close.

**Criteria #2 EFFORT: Can it move around in any direction, freely and effortlessly?**

Answer is no. Foam rollers only have 1 direction they can move in and it does take effort. The effort is increased by the body position in which is needed to apply the pressure.

Remember, your body is doing the work, not the tool.

**Criteria #3 PRESSURE: Can the tool handle various amounts of pressure for different types of massage?**

Answer is mostly yes. Your body weight is where the pressure comes from. The foam rollers can handle lots of weight or pressure. Certain types of foam can handle more weight, but in general it's not a problem.

**Criteria #4 HURT: Does the tool feel good on any body part? Can you use the tool without hurting you?**

In general yes, but depends on which foam roller you are using. Because the roller is relying on your own body weight, if you can't control the pressure you apply, you might cause more pain than you can handle.

For the same reason, certain rollers might be too hard for certain body locations, such as the shins or arms.

The PVC pipe is hard and will cause issues if you are not able to control your pressure.

### **Criteria #5 SIZE: Is the tool lightweight, portable and durable?**

Answer is mostly no. True, most foam rollers are light, but they are long. Depending on the amount of use and hardness, they may not last.

Foam rollers are also made out of foam, so they are susceptible to cuts, scrapes or chunks of foam missing.

The PVC pipe is very durable, light weight and will last forever.

### **Criteria #6 EFFICIENT: Is it easy and convenient to use? Is it efficient in terms of pressure used to pressure felt?**

Answer is no. The problem with rollers is you need a useable location and/or floor space or a wall to use it. Without a good useable location, you will not use the foam roller.

Also, your body weight controls the pressure, so if you can't control or handle your body weight, you will not be able to control the pressure used.

**Criteria #7 IMMEDIATE RESPONSE: Does it make you feel good? Does it make you say, "ahhhh"?**

Answer is mostly no. If your body really needs a massage or your muscles are really tight, a roller can feel good. But because of its limitations, the effort involved does not make you say "ahhhh".

**Criteria #8 TRIGGER POINT RELEASE: In terms of trigger points, can you make short, slow moving strokes that can be control very delicately?**

Answer is depends on which foam roller you use. A smooth roller does not. There are some rollers with ridges or nodules that stick out, thus giving a point (such as to resemble a thumb), which then pokes or pushes a muscle. In terms of trigger point release, this can be used for that purpose, however, its not the optimum way to accomplish the task.

Example of problem using The Grid or Rumble Roller (2 top selling foam rollers). If you are trying to release a trigger point and the point of the roller does not press on the actual spot, you have to adjust the roller or body. This isn't an optimum way to accomplish trigger point release.

**Criteria #9 MULTIUSE: Can you, by yourself, massage all or multiple locations on your body?**

Answer is some-what yes. Foam rollers can be used for the larger muscles (back, leg, arm), however, for the smaller muscles or ones not accessible by a roller, the answer is no.

**Criteria #10 PRICE: Is it low cost and affordable.**

The answer depends on what you are planning to do with the massaging tool. Due to the limitations of foam rollers, they are expensive. Compared to a PVC pipe, which only cost \$5, it could be a great tool if only for a specific use.

Thank you for reading. Can we ask you for a favor?

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**Tell us what you liked, didn't like, or what was not good.**

You can have us review other self massage tools, just tell us which one?

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