

# Wearable Inflatable Massage Chair: The Future of Comfort

Xingyu Tong, Yiting Liu, Lijuan Liu\*

Chongqing Institute of Engineering, Chongqing 400056, China

\*Corresponding author: Lijuan Liu, sandy270866241@outlook.com

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**Abstract:** With the continuous advancement of science and technology, our lifestyles are undergoing significant changes, with wearable technology emerging as a captivating trend. In this digital era, there is a growing demand for solutions that cater to people's needs for health and comfort. The wearable inflatable massage chair represents one such innovation designed to meet these evolving needs. This project is focused on creating a "wearable and portable massage chair" that is both convenient and lightweight. It serves as a massage solution particularly beneficial for the elderly and sedentary individuals. This innovative chair can be used by the elderly during outings or errands, as well as by office workers on business trips, while driving, or commuting via subway. Users can simply lean against the seat or a wall, enjoying moments of relaxation amid the busy and fast-paced modern era.

**Keywords:** Comfortable; Convenient; Innovative; Relaxing; Wearable; Low cost

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## 1. Introduction

### 1.1. Design concept and idea

A wearable inflatable massage chair is a combination of wearable technology and massage chair technology that is designed to provide full-body massage. It incorporates the functions of a traditional massage chair into a jacket or blouse allowing users to enjoy a relaxing massage anytime and anywhere. In this chapter, we will introduce the background and purpose of this paper and briefly outline the concept of wearable inflatable massage chairs.

### 1.2. Design background and significance

With the continuous development of science and technology nowadays, people's lifestyles are also changing, and wearable technology is one of the more promising development directions. In this digital era, people's demand for health and comfort with the people's growing better life is gradually increasing, and wearable inflatable massage chairs can meet this demand. This project aims to create a wearable portable massage chair that is convenient, lightweight, and suitable for people of all ages, especially the elderly and sedentary

individuals. It can be used by the elderly during outings or errands, as well as by office workers on business trips, while driving, or commuting via subway. Users can lean against a seat or wall, enjoying moments of relaxation in the busy and fast-paced modern era. This article will introduce the concept, working principle, and future prospects of wearable inflatable massage chairs, providing readers with valuable insights into this exciting technology <sup>[1]</sup>.

## **2. Concept of wearable inflatable massage chair**

In this chapter, we will delve into the concept of the wearable inflatable massage chair, including its appearance, internal structure, and functional features. Furthermore, we will explain how this innovative technology embeds the functionality of a traditional massage chair into a portable, wearable device.

### **2.1. Introduction to the concept of a wearable inflatable massage chair**

Elderly and sedentary individuals often suffer from back pain, neck pain, and other physical discomforts, making them more reliant on physical massage therapy. Traditional massage chairs are bulky and difficult to carry, and public massage chairs are not widely available. To address these issues, our team intends to launch a wearable “massage chair” – the inflatable massage chair. This innovative device allows users to enjoy professional-level massage services anytime, anywhere, whether they are outdoors, at the office, or on a break. The wearable inflatable massage chair offers several health benefits, including dredging meridians to alleviate pain and promote blood circulation, harmonizing blood and qi to reduce heart load and prevent cardiovascular diseases, improving immunity by relieving organ stress and enhancing resistance, and providing muscle relaxation. This article will introduce the concept, working principle, and prospects of the wearable inflatable massage chair, aiming to provide readers with valuable insights into this exciting technology <sup>[2]</sup>.

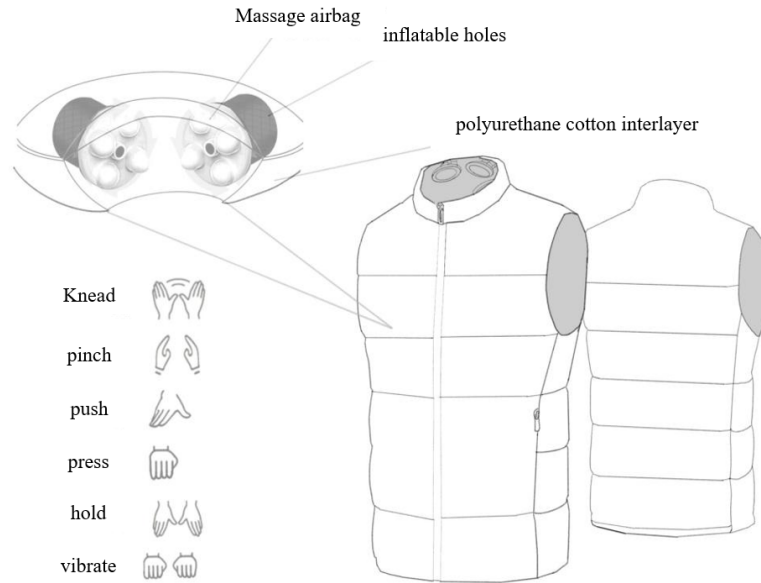
### **2.2. Conceptual presentation and practice of wearable inflatable massage chair**

The function of this product is achieved through gas drumming, which generates air pressure and vibration to accurately replicate kneading, pinching, pressing, and other massage techniques on the body’s acupuncture points. It provides a comprehensive massage for both the back and neck and includes a heating function to soothe muscle tension and relieve fatigue <sup>[3]</sup>.

This product is made of lightweight materials such as highly active adsorbent material, polyurethane cotton, and carbon fiber that conforms to the structure of the human body. It is waterproof and stain-resistant, lightweight and breathable, and comfortable and aesthetically pleasing. The wearable inflatable massage chair combines the innovations of wearable technology and massage chair technology. While it looks similar to an ordinary top or jacket, it conceals a sophisticated set of inflatable massage devices inside. These devices provide a full-body massage customized to the user’s needs, targeting areas from the neck, back, and waist to the hips, thighs, calves, and arms. The wearable massage chair offers a variety of massage modes and intensity options, allowing users to personalize their massage experience to their liking.

## **3. Working principle and materials used**

The working principle of the wearable inflatable massage chair is based on the combination of inflatable and sensing technologies. This chapter will explain in detail how this technology works, including how the inflatable unit works, what the sensors do, and how the user interacts with the device, as shown in **Figure 1**.

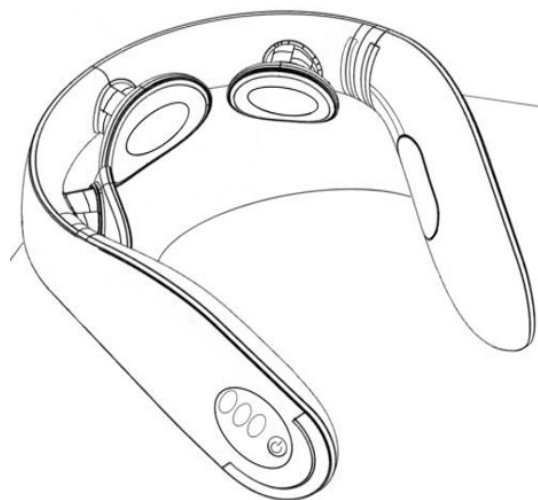


**Figure 1.** Structure preview diagram

### 3.1. Working principle

The principle of this product is based on generating massage force through gas drumming, achieved by inflating and deflating airbags. The inflatable massage suit contains several internal airbags that expand when gas is pumped into them by a lightweight carbon fiber gas pump, creating massage pressure at specific points on the body. The suit offers multiple massage modes and intensity levels that can be adjusted to suit different needs. Designed to relieve muscle fatigue and relax the body, it targets acupuncture points on the back and neck for a comprehensive massage experience. Additionally, it features infrared heat to enhance the massage effect and provide soothing warmth <sup>[4]</sup>.

The working principle of the wearable inflatable massage chair is based on the combination of inflatable technology and sensing technology. First, the user puts on this wearable device and then selects the desired massage mode and intensity via a mobile app or remote control. Once the massage function is turned on, the inflatable units inside the device will start working. Each inflatable unit is located in a specific position, such as the back, neck, and waist, and they gradually inflate to mimic the massage motions of the fingers, palms, and thumbs. The chair is also equipped with a lightweight massager at the collar to massage the neck (**Figure 2**).



**Figure 2.** Inner structure of the collar

At the same time, the device is equipped with sensors that monitor the user's physical condition and muscle tension in real time. By connecting with a mobile app or remote control, these sensors adjust the massage intensity and position based on the user's feedback and body condition to ensure the best massage effect. This real-time feedback mechanism enables the wearable inflatable massage chair to adapt to the needs of different users, providing a personalized massage experience.

### **3.2. Material of wearable inflatable massage chair**

The external material of this product consists of highly active adsorbent material that conforms to the structure of the human body, paired with Xinjiang cotton for a close and comfortable exterior texture. The interior features human body resin material, lightweight carbon fiber, aluminum alloy, and other lightweight materials, ensuring both convenience and ergonomic design. This combination creates a true "wearable inflatable massage suit" that is lightweight, comfortable, and effective.

The appearance of the product is designed to cater to users of different ages and body types, offering various styles. It comes in the form of a small vest with a simple yet technologically advanced design. The vest is made without color variations or complex patterns, giving it a sleek and modern look. This design effectively conceals any excess body weight and can comfortably fit individuals of all body types. It provides indoor comfort with unrestricted arm movement and a stylish layered look for outdoor wear. The front of the vest features four large pockets for convenience, along with a small inner pocket. The zipper design allows for easy wearing, while the standing collar provides effective neck protection and massage. The external material of the vest includes Xinjiang cotton, polyamide fibers, and polypropylene, while the lining is made of polyester fibers and polypropylene. These materials create a smooth and comfortable fabric that is both lightweight and breathable. The inner filling of the vest is fluffy enough to provide warmth without being bulky. The cuffs are designed with elastic sealing and padded cotton dobbie for softness and comfort during movement. The vest also features double anti-static fabric, ensuring a smooth and comfortable wearing experience. Additionally, a fluorescent logo on the right hem enhances visibility in low-light conditions, ensuring safety.

## **4. Advantages of wearable inflatable massage chair**

Wearable inflatable massage chairs offer many advantages over traditional massage chairs. This chapter will detail these advantages, including portability, personalization, comfort, and health benefits.

### **4.1. Portability of wearable inflatable massage chairs**

Compared with traditional massage chairs, wearable inflatable massage chairs are more portable, so users can enjoy massage anywhere at any time without worrying about space and mobility.

### **4.2. Personalization of wearable inflatable massage chair**

Equipped with built-in sensors and an intelligent control system, wearable massage chairs can provide a personalized massage experience to meet the needs of different users.

### **4.3. Comfort of wearable inflatable massage chair**

The inflatable technology mimics the sensation of human massage, offering a more comfortable and natural experience while helping to alleviate muscle tension and pain. Additionally, the product is equipped with an intelligent power-off system that continually monitors for potential electrical hazards, ensuring user safety during operation.



#### **4.4. Health benefits of wearable inflatable massage chair**

Massage helps to promote blood circulation, reduce stress, and improve sleep quality. Wearable inflatable massage chairs provide users with a convenient way of health care.

### **5. Future prospects**

The future prospects of wearable inflatable massage chairs are very promising. This chapter will explore possible future directions, including applications in the medical field, geriatric care, and sports rehabilitation. In addition, possible technological innovations, such as the integration of biofeedback technology and the combination with virtual reality technology to provide a higher level of massage experience, will also be discussed.

#### **5.1. Healthcare prospects of wearable inflatable massage chairs**

The future prospect of wearable inflatable massage chairs is very promising. With the growing concern for health and quality of life, this innovative technology is expected to play an important role in the medical field, senior care, and daily healthcare. In the future, wearable massage chairs may further integrate biofeedback technology to more accurately monitor the user's physical state and provide personalized rehabilitation and healing programs.

#### **5.2. Intelligent development of wearable inflatable massage chair**

The continuous development of wearable technology will also bring more innovation. Future wearable inflatable massage chairs may be lighter and more intelligent, and can even be combined with virtual reality technology to provide an immersive massage experience.

#### **5.3. Summary of the prospects of wearable inflatable massage chairs**

The wearable inflatable massage chair represents the future trend of technology and health integration. It provides users with a portable, personalized, and comfortable massage experience, and it is also safer. Expected to play a significant role in the healthcare sector, its continued advancement is anticipated with the ongoing progress in science, technology, and medical fields. Currently, the market for back massage devices shows promising prospects, with a global market size of approximately 71.8 billion yuan in 2022 and an expected compound annual growth rate (CAGR) of about % from 2018–2022. This growth trend is projected to continue, reaching a market size of close to 116.8 billion yuan in 2029, with a CAGR of 7.2% in the following six years <sup>[5]</sup>. Factors such as the growing global population, increased focus on healthcare, and advancements in smart massage technology are driving revenue growth in the back and neck massager market. The convenience, comfort, and affordability of wearable inflatable massage chairs further expand the market potential. As technology evolves, so does our way of life, with wearable technology emerging as a prominent trend. In today's digital age, people prioritize both health and comfort, while also emphasizing safety. The wearable inflatable massage chair stands out as an innovation that addresses these evolving needs. This paper aims to explore the concept, working principles, advantages, future prospects, and societal impact of wearable inflatable massage chairs, offering readers a comprehensive understanding of this technology.

### **6. Market and social impact**

This chapter will summarize the key ideas and findings throughout the text, highlighting the importance of the

wearable inflatable massage chair as an innovative technology and its potential impact on the future.

With advancing technology and a refined understanding of market dynamics, the senior products market is experiencing continuous growth, particularly in China where the consumption rate among seniors is on the rise. Concurrently, there is a noticeable trend of heightened health consciousness among the working population, leading to steady growth in the health massage market. Despite foreign brands dominating the global market share, the burgeoning demand for massage products in China underscores a shift towards prioritizing health, comfort, and safety. As consumer preferences evolve, there is a clear opportunity for manufacturers in the massage and health products sector to tap into this growing market and meet the increasingly discerning needs of consumers.

The Chinese market for smart portable products is expanding rapidly and becoming increasingly important. There is a noticeable trend towards offering a wider range of products for the elderly, including clothing, food, and daily necessities, with a strong focus on safety and health. This market is expected to continue growing steadily, driven by advancements in technology and the evolving needs of older consumers. As the population ages and living standards improve, there's a growing demand for high-quality products that are easy to use, convenient, and prioritize safety and comfort. The wearable inflatable massage chair meets these demands by offering convenience, a user-friendly design, affordability, and easy integration into the market <sup>[6]</sup>.

## 7. Conclusion

With the growing emphasis on health and comfort, the demand for massage equipment is on the rise, and more people are adopting and using these devices. Concurrently, advancements in massage technology are making these devices more powerful and convenient to use. Our wearable inflatable massage chair offers a novel and convenient solution that is well-suited for daily use. As people face increasing mental pressures from work and family life, suboptimal health has become a significant concern among Chinese residents. A key demographic for massage equipment in China includes young consumers experiencing suboptimal health. These consumers often purchase massagers to address physical discomfort and prioritize their health, making them willing to invest in health-related products. However, traditional massage equipment cannot be used anywhere or at any time. Our wearable inflatable massage chair addresses this limitation by offering greater convenience. The Chinese government has recently issued policies to promote the integration of high-end technological achievements, such as artificial intelligence and the Internet of Things, into the home appliance industry. This initiative supports outstanding enterprises in both online and offline channels and encourages the development of intelligent, branded small household appliances, including massage equipment. Currently, the penetration rate of massagers in China is only 1.5%, significantly lower than that of other Asian countries and regions such as Japan and South Korea, which have penetration rates exceeding 10%. This indicates a considerable potential for growth. As China's national health literacy continues to improve and the population of elderly and suboptimal health individuals grows, the demand for massage equipment is expected to increase rapidly. Our wearable inflatable massage chair is well-positioned to capitalize on this opportunity and capture market share.

In this comprehensive article, we have explored various aspects of intelligent voice technology, starting from its conceptual framework to its technical underpinnings, and finally to its diverse applications. We have discussed the advantages, challenges, and social impacts of this exciting technology, particularly focusing on its potential benefits for the elderly and sedentary population. Intelligent voice technology not only opens up new possibilities for medical services tailored to the elderly but also contributes to a more inclusive and intelligent society. As we anticipate further advancements in this field, we expect wearable inflatable massage chairs to

continue evolving and making significant contributions to our future world.

## Disclosure statement

The authors declare no conflict of interest.

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