



CLIENT RESEARCH GUIDE

Infrared Lymphatic Roller

Body care. A warm pause. A moment for you.

Explore selected positive findings on comparable wooden rollers, mechanical massage and infrared heat. This guide brings the research into focus with short summaries, study details and links to the original sources.

AREA OF INTEREST	POSITIVE RESEARCH HIGHLIGHTS
Body measurements	Smaller circumference and skinfold measurements were reported in roller and mechanical-massage studies. [1-3]
Skin texture	Ultrasound imaging documented a smoother skin-fat tissue interface during a massage course. [4]
Clinical fluid research	Specialist massage combined with compression was associated with less arm fluid and heaviness. [5]
Recovery and comfort	Separate infrared studies reported less soreness and improved recovery measures. [6,7]

A hopeful, informed place to begin

Research on related treatments offers useful context for your wellness routine. Each study identifies the equipment and participants involved; these findings are not trials of Awaken's exact roller.

Warmth, movement and body care

An infrared roller pairs a rotating massage surface with infrared warmth. Body position changes which area meets the rollers; the controls guide speed, rotation and the session sequence. Commercial RollStar specifications describe natural wood rollers, adjustable rotation and automatic or manual programs. [8]

The research is easier to understand when you know which treatment was studied.

01 A similar wooden roller

The Roll Shaper report studied a freestanding rotating wooden roller with a body-position sequence. It is a manufacturer-hosted observational report. [1]

02 Other mechanical massage

The peer-reviewed body and skin studies used mechanical massage, including suction-assisted LPG devices or a handheld skin-fold apparatus. Their pressure and treatment method differ from a wooden drum. [2-4]

03 Specialist clinical care

The fluid study involved women with diagnosed arm lymphedema, trained therapists and compression bandaging. It describes a clinical combination treatment. [5]

04 Infrared heat on its own

The recovery studies used a far-infrared lamp or an infrared sauna. They offer background on heat-based recovery rather than testing a roller-plus-heat session. [6,7]

About this guide: These are selected positive findings, rather than a complete review of all research. Results belong to the treatment, population and schedule studied. Your experience may differ.

For your visit: ask for an orientation, learn the recommended positions and let our team know your comfort preferences. Research schedules describe the studies; your session follows the equipment guidance.

The closest equipment match

SIMILAR DEVICE - MANUFACTURER-HOSTED REPORT

01

Smaller measurements after a roller course

Chmielewski | NZOZ MAXMED 1 | 2008-2009

Of 100 starters, 77 completed 20 treatments on a Roll Shaper, using 18 body positions. Researchers tracked body measurements and movement. [1]

77

course completers

20

treatments completed

MEASUREMENT	REPORTED AVERAGE CHANGE
Waist	4.54 cm smaller
Hips	2.90 cm smaller
Right thigh	2.42 cm smaller
Left thigh	2.34 cm smaller

Movement was part of the picture

Flexibility improved on forward-bending and leg-raise tests after the course. [1]

Positive finding: A comparable roller course was associated with smaller measurements and improved flexibility.

[Read the roller report >](#)

Study context: manufacturer-hosted group averages; no untreated comparison group described. Lymph flow and infrared effects were not directly tested.

Positive changes in body measurements

02

A randomized comparison of massage methods

Bayrakci Tunay et al. | J Eur Acad Dermatol Venereol | 2010

Sixty women were randomized to mechanical massage, manual lymphatic drainage or connective-tissue manipulation, with 20 in each group. All groups showed smaller thigh measurements after treatment. The mechanical-massage group also had reductions in caliper-measured skinfold thickness. [2]

MECHANICAL-MASSAGE GROUP	AVERAGE DECREASE
Thigh circumference	0.5 cm
Thigh skinfold	1.66 mm
Abdominal skinfold	2.40 mm
Skinfold above the hip bone	2.58 mm

Positive finding: Mechanical massage was associated with modest reductions in regional measurements. The trial compared three active treatments; it did not include an untreated group.

[Read the research >](#)

03

An earlier clinical series found smaller contours

Chang et al. | Aesthetic Plastic Surgery | 1998

In an observational series of 85 women using LPG Endermologie, 46 who completed seven sessions had a 1.34 cm mean reduction in the body-circumference index. The 39 who completed 14 sessions had a 1.83 cm mean reduction. This index summarizes measurements across body sites. [3]

Positive finding: Smaller average body measurements were recorded after both treatment courses. This was suction-assisted massage, rather than a wooden-roller trial.

[Read the research >](#)

04

A closer look beneath the skin

RELATED DEVICE - HANDHELD SKIN-FOLD MASSAGE

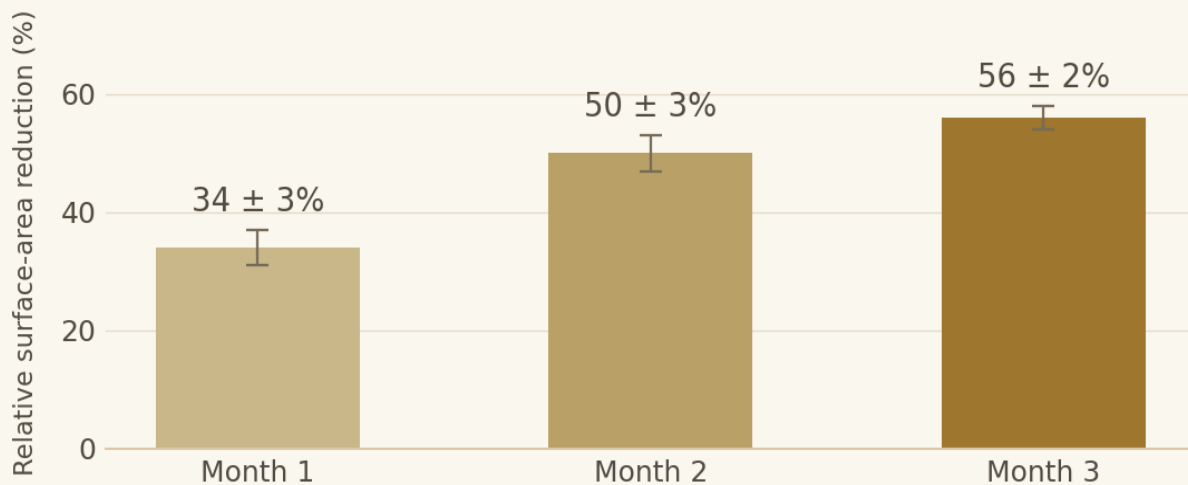
04

Ultrasound documented tissue smoothing

Lucassen et al. | *Skin Research and Technology* | 1997

Twenty women received 15 minutes of handheld mechanical massage per upper leg, three times weekly for three months. Ultrasound tracked the skin-fat boundary. [4]

The tissue interface became progressively smoother during treatment.



These percentages measure ultrasound interface surface area, not fat loss or visible-cellulite reduction. Findings apply to the studied handheld device. [4]

Positive finding: Repeated massage was associated with measurable tissue smoothing during treatment.

[Read the research >](#)

Study context: a small treatment series; the measured effect gradually reversed after sessions stopped.

Fluid research in a clinical setting

SPECIALIST CARE - MASSAGE PLUS COMPRESSION

05

Less arm fluid and improved comfort

Moseley et al. | *Lymphology* | 2007

Two pilot groups totaling 34 women with breast-cancer-related arm lymphedema received therapist-applied LPG massage plus compression bandaging. Both completed 16 sessions over four weeks. Group 1 had 24 women; group 2 had 10. [5]

AFTER THE COMBINED COURSE	GROUP 1	GROUP 2
Mean arm-volume decrease	134 mL	185 mL
Mean arm-fluid decrease	182 mL	216 mL

Comfort mattered, too

Participants reported less heaviness, tightness and tissue hardness. Group 2 also reported improved arm movement. Optical volume measurements and bioimpedance assessed the changes. [5]

Positive finding: Combined specialist massage and compression was associated with reduced arm fluid and improved comfort.

[Read the research >](#)

How this relates to Awaken

This clinical combination study cannot isolate massage's contribution or establish results for a wellness roller. Diagnosed lymphedema needs qualified clinical care.

Warmth and the recovery experience

These studies examine infrared heat separately from massage. Their positive findings provide context for the warmth component of an infrared roller; the equipment, exposure and protocols differ.

06

Far-infrared lamps and muscle recovery

Chen et al. | *European Journal of Sport Science* | 2023

In two small controlled studies, each with 24 women, researchers compared far-infrared lamp exposure with sham treatment after demanding eccentric exercise. The lamp treatment lasted 30 minutes and was repeated five times over the following days. [6]

The infrared groups had less soreness and faster recovery of strength and joint-position measures. Strength returned to baseline by 72 hours; sham groups remained below baseline at 120 hours. The lamp used 8-14 micrometer radiation. [6]

Positive finding: A specific far-infrared lamp protocol improved recovery measures after exercise-induced muscle damage.

[Read the research >](#)

07

Infrared sauna and next-day readiness

Ahokas et al. | *Biology of Sport* | 2023

Sixteen male basketball players completed a randomized crossover comparison of 20 minutes in an infrared sauna versus passive rest after resistance exercise. The sauna temperature averaged 43°C. [7]

Compared with rest, players reported less muscle soreness and better perceived recovery after the sauna. The decline in countermovement-jump performance was also smaller at the next-day assessment, 14 hours after exercise. [7]

Positive finding: Infrared sauna exposure supported subjective recovery and one measure of explosive performance. This was a sauna trial, not a roller study.

[Read the research >](#)



Make wellness a ritual.

A warm pause. A moment for you.

RESEARCH REFERENCES

Click any reference to open its source.

- 1 [Chmielewski B. Roll Shaper Clinical Research. NZOZ MAXMED 1, 2008-2009. Manufacturer-hosted report.](#)
- 2 [Bayrakci Tunay V et al. Effects of mechanical massage, manual lymphatic drainage and connective tissue manipulation techniques on fat mass in women with cellulite. J Eur Acad Dermatol Venereol. 2010;24:138-142.](#)
- 3 [Chang P et al. Noninvasive mechanical body contouring: \(Endermologie\) a one-year clinical outcome study update. Aesthetic Plast Surg. 1998;22:145-153.](#)
- 4 [Lucassen GW et al. The effectiveness of massage treatment on cellulite as monitored by ultrasound imaging. Skin Res Technol. 1997;3:154-160.](#)
- 5 [Moseley AL et al. Endermologie \(with and without compression bandaging\) - a new treatment option for secondary arm lymphedema. Lymphology. 2007;40:129-137.](#)
- 6 [Chen TC et al. Effects of far-infrared radiation lamp therapy on recovery from muscle damage induced by eccentric exercise. Eur J Sport Sci. 2023;23:1638-1646.](#)
- 7 [Ahokas EK et al. A post-exercise infrared sauna session improves recovery of neuromuscular performance and muscle soreness after resistance exercise training. Biol Sport. 2023;40:681-689.](#)
- 8 [Vacuactivus. RollStar Rollshaper product specifications. Device-description source; not a clinical study.](#)

Your next chapter starts here.

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SCAN TO EXPLORE

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