

PRESS RELEASE

How to pick the best recliner

Choosing the right recliner for you can be tricky – we speak to Claire Gibson from leading motion furniture manufacturer, La-Z-Boy, about what to consider when making your choice.

03 May 2019, Johannesburg: Modern recliners were first introduced to the market in the late 1920s, and the new levels of comfort that they offered made them immediately popular. Today, they remain supremely popular and there are a number of different recliners to choose from, which can make selecting one that best suits you and your needs a little tricky.

Claire explains: “It is easy to see why motion furniture is such a hot trend – it is super comfortable, aesthetically pleasing, long-lasting, and what’s more, a good recliner can provide excellent health benefits as well. However, not all motion furniture is made equal – there are some fundamental elements that need to be considered to make sure that you select the best possible recliner for your needs.” She offers an overview of the top six considerations that you must think about before making your choice:

1. **Comfort:** For optimum comfort, motion furniture needs to fit your body. As such, it is imperative to try the motion seat out before you buy it, as not everybody is the same height, weight or size. Today, it is not just a matter of being upright or reclined – the back and footrest of all La-Z-Boy® recliners for example, work independently to allow for a total of 18 positions of optimum comfort.
2. **Quality:** Read reviews and get recommendations before choosing your recliner. Find out how the units are constructed, and what they are made from. Selecting a trusted brand with a good guarantee is always a good idea for peace of mind. The guarantee is a good indicator of what kind of quality you are investing in. La-Z-Boy® recliners/incliners boast a 4-sided Unibody frame design crafted of superior Radiata hardwood and steel for lasting durability. All La-Z-Boy® recliners/incliners come with a unique 10-year limited warranty for added peace of mind and confidence.
3. **Space:** It is of the utmost importance that your motion furniture fits the size of the room in which it will be positioned. If the seating is too big, the room will look small and cramped. If the seating is too small for the space, the room will look empty and uninviting. If space is a premium, then it is always better to choose an incliner instead of a recliner. With a recliner, the back leans, or reclines backwards, allowing those who are seated in it to lie back and stretch out. With an incliner on the other hand, the seat moves forward, and at the same time, the back moves down into place where the seat was before. The main benefit of an incliner is that it can be fitted very close to a wall, as it requires very little reclining space behind the chair.

4. **Upholstery:** Today, you can invest in designer recliners/incliners that look as good as they feel, and they are available in a wide variety of upholstery options, including fabric, leather-uppers and full genuine leather. When selecting the upholstery, be sure to consider both aesthetics and practicality. Leather is always a great option as it is exceptionally durable and easy to maintain. If you would like to opt for fabric upholstery however, be sure to choose a treated material, such as iClean from La-Z-Boy, which protects the fabric, ensures it is really easy to clean and keeps it looking in tip top condition for longer.
5. **Health benefits:** There are many health benefits of sitting in a recliner – you can really provide your body with some relief by elevating your feet above heart level. This allows gravity to naturally reduce stress and inflammation. Some of the added health benefits of reclining include improved circulation, back pain relief, easier breathing, and a more relaxed nervous system. Be sure to test drive a recliner to see if it supports each of the following five pressure points: head, shoulders, lower back, knees and feet. La-Z-Boy® recliners for example, are sprung for complete body and lumbar support in all 18 positions.
6. **Additional features:** For optimum comfort and luxury, you can look for various add-on features that will allow you to customise your in-seat comfort. Single La-Z-Boy® incliners for example, have the option of the following motion mechanisms aside from the standard manual incliner: a manual layflat incliner for 180-degree reclining, a swivel motion, a power incliner for the ultimate in automatic relaxation, and a hi-lift incliner for those who don't find it easy to get in and out of a seated position on their own.

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