ABSTRACT

A massage mechanism includes a kneading rotating shaft, a first power source, a spacing-adjusting shaft, a second adjusting mechanism, and two second massage assemblies. The two second massage assemblies are sleeved on the kneading rotating shaft, the kneading rotating shaft is drivingly connected to the first power source, the first power source drives the kneading rotating shaft to rotate, so that the kneading rotating shaft drives the two second massage assemblies to move; at least a portion of the spacing-adjusting shaft is exposed out of the kneading rotating shaft; the second adjusting mechanism includes an adjusting assembly, the adjusting assembly is arranged on the extended portion of the spacing-adjusting shaft, the adjusting assembly is drivingly connected to at least one of the two second massage assemblies and drives at least one of the two second massage assemblies to move along an axial direction of the spacing-adjusting shaft.