



## Your Future in Massage Therapy



Massage therapy is a healthcare profession where structured, educated, professional touch is used to achieve a broad range of therapeutic goals including relaxation, pain management and whole body wellness.

## What is Massage Therapy?

massagetherapy.com

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Associated Bodywork & Massage Professionals



*EveryBody* Deserves a Massage

Massage is one of the oldest healing arts: Chinese records dating back 3,000 years document its use; the ancient Hindus, Persians and Egyptians applied forms of massage for many ailments; and Hippocrates wrote papers recommending the use of rubbing and friction for joint and circulatory problems. Today, the benefits of massage are varied and far-reaching. As an accepted part of many physical rehabilitation programs...



## Massage Therapy:

- Relaxes
- Stimulates circulation
- Supports waste elimination
- Relieves muscle tension
- Improves muscular balance
- Supports free movement
- Relieves pain
- Reduces anxiety and restlessness
- Promotes overall wellness

## Benefits of Massage Treatment



**Jacquie Sue Whisenant** I like working on people who really truly need it. one of my clients is an ex marine. He never had a massage before and loved it. It's seeing them walk out of the room and them having a relieved and peaceful look come over their entire body. That's the most refreshing thing ever. The fact that you did that to them is 100% a good feeling.  
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## Massage Modalities

- Swedish Massage
- Deep Tissue
- Prenatal Massage
- Zero Balancing
- Myofascial Release
- Neuromuscular Therapy
- Craniosacral Therapy
- Chair Massage
- Asian Bodywork
- Sports Massage
- And more...

## Types of Massage Therapy

Don't forget populations - massage therapists can also perform various massage modalities on:

- Geriatric clients
- Pre or post-natal women
- Athletes - young and old
- The chronically ill or physically afflicted
- Children, and more...



A massage therapist is a person who practices therapeutic massage. Massage therapists are licensed after completing a specified training program and passing a standardized test. Licensed massage therapists may practice independently or as an employee or contractor of a variety of wellness-related establishments. There are over 80 massage types or modalities and a variety of client populations a massage therapist can specialize in.

## What is a Massage Therapist?



**Tara Switz White** A manual therapist, licensed by the Department of Health, whose scope of practice covers the manipulation of soft tissues for the purpose of reducing stress and physical pain, thereby increasing the overall wellness of the client.

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## Good Candidates

- Want a career in wellness
- Are interested in promoting health
- Have the desire to help others
- Are good communicators
- Maximize their time and income
- Want to keep learning about wellness
- Work well with many different people
- Are compassionate in nature

## Who becomes a Massage Therapist?



**Laura Ann Grymes** caring and compassionate, desire to help people  
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**Evan Kaye** Healthy living, or at least a mindset for improving one's health. I love Yoga :D  
46 minutes ago · [Delete](#)





- Wellness Centers
- Sports Medicine Clinics
- Chiropractors
- Resorts
- Physical Therapists
- Naturopathic Practices
- Fitness Clubs
- Day Spas
- Cruise Lines
- Hospice Organizations
- Rehabilitation Centers

## Where do Massage Therapists Work?

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### Spas a Growing Force

- Spas employ an estimated 303,700 people according to the International Spa Association, 2007.
- Swedish massage is the most requested service in spas (International Association 2008 Global Consumer Survey and Harstad Consumer Research 2009), so it follows that a significant share of the 303,700 spa employees are massage therapists (though many of them likely also practice in other venues).



## Make a Healthy Living

- Price range for massage \$40-90/hr
- Employees make \$15-40/hr
- Annual income ranges from \$10k-60k
- Most therapists work part time - rare for a massage therapist to work 40 hrs/week
- Many massage therapists are self-employed
- Many massage therapists use massage to supplement other careers

## What is my Earning Potential?

According to the United States Department of Labor, employment for massage therapists is "expected to increase 20 percent from 2006 to 2016, faster than average for all occupations...In States that regulate massage therapy, those who complete formal training programs and pass the national certification exam are likely to have very good [job] opportunities."



## You Define Your Career

- Variety of work environments
- Varied clientele
- Variety of modalities and specializations
- Schedule and session location flexibility
- Full-time or part-time work available
- Variety of employee status
- Supplemental income
- Continued growth and education

## Your Life as a Massage Therapist



**Jennifer Shaw** I completely agree. I also like how "meditative" to perform the massage itself. Most people know how relaxing it is to get a massage, but then to actually perform one - it is the least stressful job...  
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