



How to Become a Licensed Massage (LMT) Therapist in the state of Texas

Welcome to an empowering and purposeful career!



The state agency that regulates massage is TDLR (Texas Department of Licensing and Regulation)

Contact info for TDLR:

- ▶ Texas Department of Licensing and Regulation
Massage Therapy
PO Box 12057
Austin, TX 78711

- ▶ (800) 803-9202 [in state only]
(512) 463-6599
Fax: (512) 463-9468
Relay Texas-TDD: (800) 735-2989



TDLR's Definition of Massage Therapy

- ▶ Massage therapy means the manipulation of soft tissue by hand or through a mechanical or electrical apparatus for the purpose of body massage. The term includes effleurage (stroking), petrissage (kneading), tapotement (percussion), compression, vibration, friction, nerve strokes, and Swedish gymnastics. Massage therapy may include the use of oil, lubricant, salt glows, heat lamps, hot and cold packs, or tub, shower, jacuzzi, sauna, steam or cabinet baths. Massage therapy is a health care service when the massage is for therapeutic purposes, and a licensed massage therapist may receive referrals from a physician to administer massage therapy.



STEPS TO BECOME LICENSED

STEP 1 – Complete a 500 Hour Massage Therapy training program at a state-licensed massage school.

(if you go to an out-of-state school, TDLR will need to review you individually)

STEP 2 - Taking and passing the ‘Massage and Bodywork Licensing Exam’ also known as the ‘MBLEx’.

STEP 3 - Taking and passing a ‘Jurisprudence Exam’ on Texas massage laws and rules.

STEP 4 – Complete application for Massage Therapy License with TDLR.



Things to Be Clear About:

- ▶ Texas requires completion of 500 hours of qualifying education. Any school requiring you to do more than 500 hours needs to show reason to the student and the state why the additional hours are being required.
- ▶ Texas does not accept credit for on-line massage courses to become licensed.
- ▶ License requirements vary from state to state; although 44 states accept the MBLEX exam, they may have different academic requirements. If you're planning on moving after completing a [Texas 500-hour program](#), check with that state's licensing department to see if they have additional requirements.



STEP #1 - State Required Curriculum

- Swedish massage – 125 hours
- Additional massage techniques and theory – 75
- Anatomy – 50
- Physiology – 25
- Kinesiology – 50
- Pathology – 40
- Hydrotherapy – 20
- Business Practice, Laws, Rules, Ethics – 45
- Health and Hygiene – 20
- Student internship program – 50

Total hours required: 500



STEP #2

- ▶ Texas requires potential therapists to pass the Massage and Bodywork Licensing Examination 'MBLEX' test. This is a 100 question test given on a computer and timed at 2 hours. It is administered through an on-line testing center approved by the FSMTB (Federation of State Massage Therapy Boards)
- ▶ To learn more about the MBLEX, visit <https://www.fsmtb.org/mblex/>
- ▶ Cost: \$195
- ▶ When choosing which [Massage Therapy School](#) to attend, be sure to ask to see their latest [MBLEX scores](#) and how they compare with the State and National averages.



STEP #3 – JURISPRUDENCE EXAM

- This is an exam you take on-line on Texas' state massage therapy law and rules.
- The [Texas Massage Therapist Jurisprudence Examination](#) content is based on the state rules and laws relating to the practice of massage therapy. All applicants for initial licensure must submit proof of completing the jurisprudence examination at the time they submit a completed application form. Applicable fees are paid directly to the third-party vendor for the jurisprudence examination.
- To learn more about the Jurisprudence exam, visit <https://www.license.state.tx.us/mas/masexam.htm>
- Cost: \$34

STEP #4 APPLY FOR YOUR LICENSE

- Step 3 – Apply for your License
- You apply for your License through the Texas Department of Licensing and Registration (TDLR). From time you apply until you get your license varies, but can range from 1 to 4 weeks.
- To apply go to WWW.TDLR.TEXAS.GOV
- Click Online Services and scroll down to Massage Therapy
- From there you will register for a new user account and begin the process of applying for your license. This process does include a background check (f you are worried about a past conviction, check with TDLR before applying).
- Items Needed for Application
 - Proof of Jurisprudence Exam
 - Proof of MBLEX Successful Completion
 - Transcripts from your 500 Hour Program
 - Social Security Number
- Cost: \$100



The Lauterstein-Conway Massage School

- ▶ The Lauterstein-Conway Massage School (TLC) has a 500-hour program (the one required for licensure), a 250-hour Advanced Program, and over 400 hours of continuing education workshops each year.
- ▶ The required Massage Therapy curriculum for Texas licensing is set. The quality of the school and the student's education is determined by how they present the curriculum, the experience of the teachers, and the students the school attracts.
- ▶ TLC has continued to refine their curriculum for almost 30 years to offer the most comprehensive massage training in Texas to prepare students to confidently pass the MBLEX.