



**What does it
take to become a
Massage Therapist?**



Massage therapists treat clients by using touch to manipulate the muscles and other soft tissues of the body. They use their hands, fingers, forearms, elbows, and sometimes feet to knead muscles and soft tissues of the body. With their touch, they relieve pain, help heal injuries, improve circulation, relieve stress, increase relaxation, and aid in the general wellness of clients. They provide guidance on stretching, strengthening, overall relaxation, and how to improve posture.

Skills and Knowledge

Massage Therapists need to understand the human body. They need to be fit as they may give several treatments during a workday and have to stay on their feet throughout appointments. Therapists must be strong and able to exert pressure through a variety of movements when manipulating a client's muscles.

Training

To qualify as a Massage Therapist, you can enroll at registered training institutions for a programme, which typically will cover classroom study, hands-on practice of massage techniques and industry placement. Programmes include subjects such as physiology, which is the study of organs and tissues; kinesiology, which is the study of motion and body mechanics; business management; and ethics. Massage therapists can specialize in many different types of massage or modalities, including Swedish massage, deep-tissue massage, and sports massage. Most therapists specialize in several modalities, which require different techniques.

As you progress through the training programme, you will learn to tailor an appointment to a client's specific needs and build comfort according to client specifications.

Working Conditions

Massage therapists work in an array of settings, such as spas, franchised clinics, physicians' offices, hotels, and fitness centers. Some therapists also travel to clients' homes or offices, while others work from home. A massage can be as short as 5–10 minutes, or could last more than an hour.

Because they work by appointment in most cases, schedules and number of hours worked vary considerably. Moreover, because of the strength and endurance needed to give a massage, many therapists cannot perform massage services 8 hours per day, 5 days per week. Therapists, especially those who are self-employed, may also spend time recording clients' notes, marketing, booking clients, washing linens, and conducting other general business tasks.


Job Prospects

Steady growth in the tourism and hospitality sector is resulting in increased demand for massage services. More healthcare providers now understand the benefits of massage, and these services are becoming part of treatment plans. Many sports teams hire therapists to help athletes rehabilitate from injuries. Referrals are an important source of work and may help increase job opportunities. Joining a professional association also can help build strong

contacts and further increase the likelihood of steady work.

You too can live your passion and become a Massage Therapist. If you are a good communicator, fit and strong, love working with people and are interested in creating comfort for others, you are a good candidate.

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- RELIEVE PAIN, HELP HEAL INJURIES
 - IMPROVE CIRCULATION
 - RELIEVE STRESS
 - INCREASE RELAXATION

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- GOOD UNDERSTANDING OF HUMAN ANATOMY,
 - FIT AND STRONG

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- CLASSROOM STUDY + HANDS-ON PRACTICE

The biggest reward is always a satisfied client. Nothing beats the thrill of their positive feedback.

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- BY APPOINTMENT
 - INDOORS AND OUTDOORS
 - STRENGTH + ENDURANCE
 - TRAVEL

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- GOOD COMMUNICATOR
 - FIT AND STRONG
 - CREATING COMFORT FOR OTHERS