

# Massage Therapist

## What is Massage Therapy?

Massage Therapy is the practice of manipulating the muscles and soft tissue in the body to produce relaxation, improved health, rehabilitate injuries, reduce stress and other benefits. To accomplish this, a Massage Therapist employs active listening and communication skills and a comprehensive understanding of the human body.

## Employment Types:

- ▶ Private offices
- ▶ Spas
- ▶ Hospitals
- ▶ Fitness centers
- ▶ Shopping malls
- ▶ Individual (travel to client's homes)

## Median Salary:

\$39,860

## Types of Massage

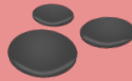
▶ **Aromatherapy:** Massage with addition of essential oils to address specific needs (stress-reduction, relaxation, energy...etc.)



▶ **Deep Tissue:** Massage that targets the deeper layers of muscle and connective tissues.



▶ **Hot Stone:** Heated smooth stones are placed on parts of the body to warm and loosen tight muscles and balance energy centers in the body.



▶ **Shiatsu:** Form of Japanese massage that using localized finger pressure in a rhythmic sequence on acupuncture meridians.



▶ **Sports:** Massage for athletes and the focus is not on relaxation but on preventing and treating injury and enhancing athletic performance.



▶ **Swedish:** Long smooth strokes, kneading and circular movements on superficial layers of muscle using massage lotion or oil.



▶ **Thai:** Like shiatsu, it aligns the energies of the body using gentle pressure on specific points. It also includes compression and stretches.



▶ **Prenatal:** Massage used to reduce stress, decrease swelling, relieve aches and pains, and relieve anxiety and depression on pregnant women.



## Rewarding Aspects

- ▶ Help people feel better!
- ▶ **Autonomy:** You can set your own hours. You get what you put in.
- ▶ **Dynamic:** Holistic healing is becoming more and more popular and so there are more techniques being researched to help people (i.e. massage therapy to treat addiction)
- ▶ **Mobility:** You are not limited to one city. Massage therapists are everywhere!

