

Massage Therapy as a Profession

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Healthcare Studies

Introduction

Body and Soul Massage was founded in 2005 by Salem State alumni Ann Sousa, as a place for massage therapist to collaborate for the best outcome for clients. Their mission is to provide therapeutic massages for pain relief.

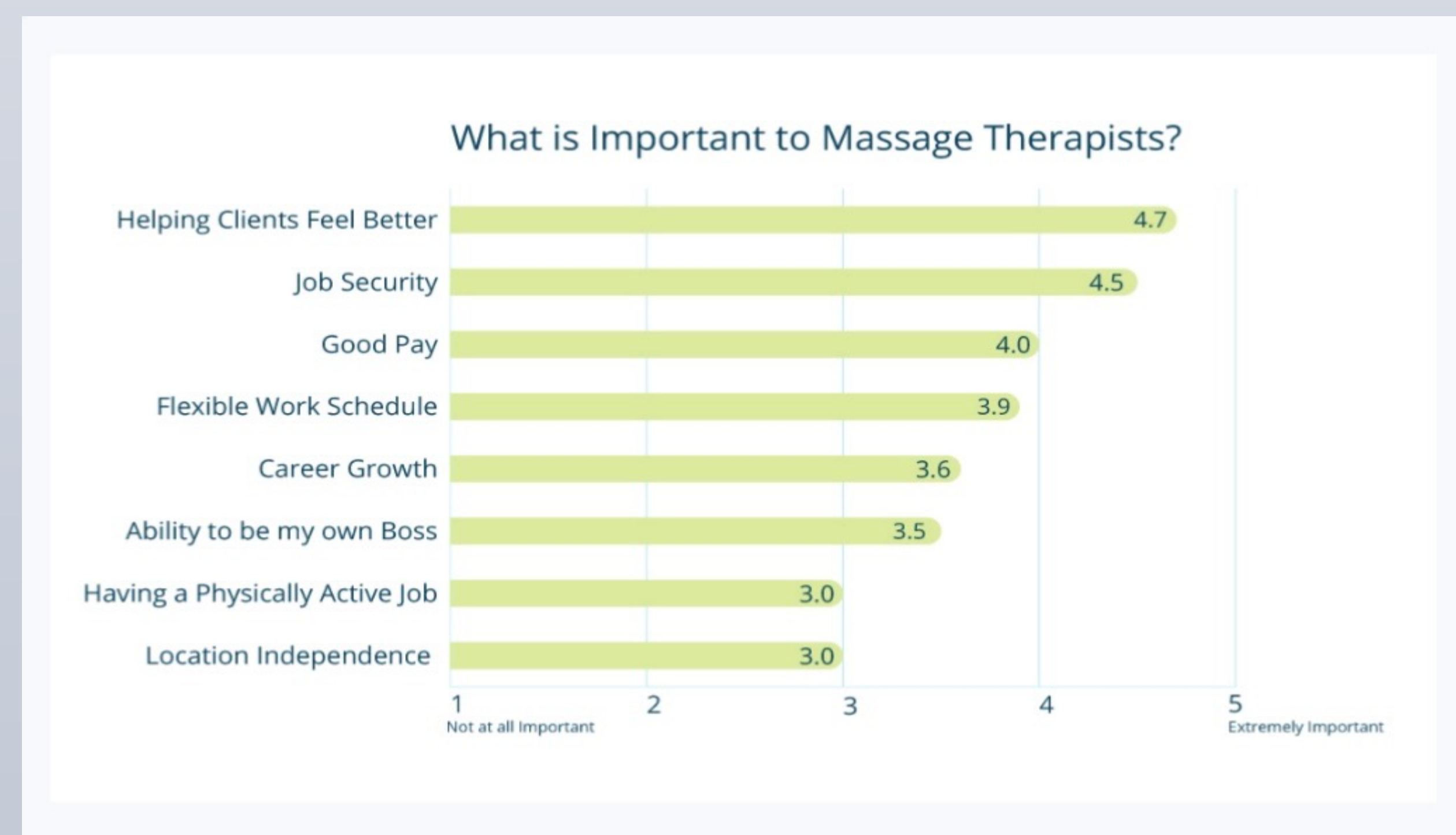
Objectives

- Evaluate whether massage therapy is a viable career
- Determine why therapist chose massage therapy as a career
- Learn the income potential of massage therapist

Materials and Methods

- Create interview questions
- Interview 5 massage therapist at Body and Soul
- Interview therapists about how they got into the field, what interested them, and their financial stability
- Research trade journals for income studies

Results



References

- Barrera, R. (2023, June 27). *Is massage therapy a good career?* Healing Hands Massage Institute. <https://hh.edu/articles/is-massage-therapy-a-good-career>
- Fellman, K. (2024, February 21). *Maximizing success: Essential growth hacks for massage therapists.* The Professional Massage Academy. <https://theprofessionalmassageacademy.com/2024/02/21/becoming-a-massage-therapist-2024/>
- Massage Tables Now. (n.d.). *Study massage therapy career: Satisfaction insights from 1,200 massage therapists.* Massagetablesnow.com. <https://massagetablesnow.com/our-blog?p=message-therapy-career-satisfaction-study>

Interview Spotlights

Alex Quinley

"I was diagnosed with Chiari Malformation and started seeing massage therapist to help me with my healing journey. This inspired me to become a massage therapist and make a difference in someone's life like they did to mine."

Alex's Journey to a Successful Massage Therapy Career

Alex, a massage therapist with four years of experience, turned to massage therapy as a holistic alternative to traditional treatments, after being diagnosed with Chiari Malformation. Building trust with clients is key for Alex, by having open conversations and educating them on what to expect during sessions. He promotes his services through social media, aiming to break down misconceptions and make potential clients feel confident in their decision to try massage therapy. Alex stays committed to ongoing learning, attending workshops, and earning certifications. Balancing the demands of his job, Alex prioritizes self-care, ensuring he takes time to relax and recharge. He works 20-30 hours a week, aiming to increase his hours as his client base grows. To handle financial uncertainty, Alex plans carefully, uses social media to stay visible, and adapts his schedule to fit his goals. Overall, Alex's journey highlights his dedication to helping others, his drive for continuous improvement, and his commitment to maintaining a healthy work-life balance, setting him up for long-term success in the field of massage therapy.

Jared Struggle

"Growing up I gave my mother massages, from walking on her back to rubbing her shoulders, and she always wanted me to become a Massage Therapist. Her dream became mine; I went to massage school and now am fulfilling our dreams."

Adalberto Puelo

"Being able to see my clients happy and smile at the end of their session is what makes me happy, I give myself a pat on my own shoulder, because it reminds me of the positive change, I am making in someone's body and mind."

Brittany Nash

"Clients motivate and push me every day, because I know how much people need it, and knowing that I am helping them live their best lives helps motivate me as a therapist."

Kidley Pasquaz

"Our mind and body have a strong connection that I feel is important to give time to. Clients motivate me to be the one who gives them a space to relax, destress, and reconnect."

Acknowledgements

Ann Sousa: Body & Soul Owner/Massage Therapist and Site Supervisor

Conclusion

Massage therapy is a good career choice. The demand for massage therapists is growing because more people are realizing the health benefits of massage. There are plenty of job opportunities in the field. Massage therapists can work flexible hours in different places like spas, wellness centers, medical centers, cruise ship or even their own private practice. While the career does require some education and certification, it offers personal satisfaction, good pay, and a good work-life balance.

When evaluating a career in massage therapy, it is crucial to consider both the income potential and job satisfaction. While earnings can differ based on factors such as location, work setting, and level of experience, the U.S. Bureau of Labor Statistics reported a median annual wage of \$43,620 for massage therapists in 2020. With increased experience and a dedicated client base, income potential can rise substantially, particularly for those who establish their own practice or choose to specialize in a particular area of massage therapy.

Barrera, R. (2023, June 27). *Is massage therapy a good career?* Healing Hands Massage Institute. <https://hh.edu/articles/is-massage-therapy-a-good-career>

There is a growing demand for massage therapists in 2024, driven by the increased awareness of massage's health benefits and the need for non-invasive treatments, especially among an aging population. Massage therapy offers flexibility in work hours, making it a great choice for those seeking a good work-life balance. The career is also rewarding, as therapists help people manage pain, reduce stress, and improve overall well-being. While education and certification are required, the field provides opportunities for growth and a steady income, particularly for those in private practice. Continued learning is important throughout one's career to stay updated on the latest techniques and trends in the industry. With various career options and the chance for job satisfaction, massage therapy is an appealing career choice.

Fellman, K. (2024, February 21). *Maximizing success: Essential growth hacks for massage therapists.* The Professional Massage Academy.

<https://theprofessionalmassageacademy.com/2024/02/21/becoming-a-massage-therapist-2024/>

There is a high level of career satisfaction reported by massage therapists, based on a study that looked at the experiences of professionals in the field. Many therapists enjoy their work because they get to help people feel better, both physically and mentally, which leads to a sense of fulfillment. Other reasons for job satisfaction, such as the flexibility of working hours, the ability to build strong client relationships, and the positive impact massage therapy has on clients' overall health. Massage therapy is a growing industry, with increasing demand for skilled therapists.

Massage Tables Now. (n.d.). *Study massage therapy career: Satisfaction insights from 1,200 massage therapists.* Massagetablesnow.com. <https://massagetablesnow.com/our-blog?p=message-therapy-career-satisfaction-study>

