YOUR MASSAGE & BODYWORK CAREER

abmp

DID YOU KNOW?

Massage can help reduce:

Source: Mayo Clinic

- Anxiety
- Fibromyalgia
- Headaches
- Insomnia
- Muscle tension
- Pain
- Sports injuries
- Stress

WELCOME

This booklet is the first step on your path toward a career in massage and bodywork. Associated Bodywork & Massage Professionals (ABMP) has created this guide to help you decide whether a career in massage and bodywork is right for you and to provide you with all the support you need to get started on the right track.

ASSOCIATED BODYWORK & MASSAGE PROFESSIONALS

Why choose a career in massage bodywork?

The benefits of a career in massage and bodywork:

- **Freedom:** Many therapists choose a career in bodywork because they enjoy the freedom of not being stuck in a cubicle or an office all day. Being a massage therapist allows you to work in a variety of locations and meet a wide range of people. A team-oriented massage clinic, a tranquil day spa, a chair massage booth outdoors at a festival or fair, a therapeutic massage in a medical health-care setting—the options are endless!
- **Flexibility:** If you choose to be an employee of a clinic or spa, the manager can work with you to help you find a schedule and clients that are right for you. If you choose to become an independent contractor or own a private practice, you'll enjoy the flexibility to make your own hours, choose your own career path, and be your own boss!
- **Rewarding:** If you have a passion for helping others, you've come to the right place. Because there's nothing more rewarding than helping to reduce someone's pain and stress. Massage therapists make a positive impact on people's lives every day!

300+
BODYWORK MODALITIES
are listed in the glossary at
www.massagetherapy.com

HOW CAN YOU HELP OTHERS?

What type of bodywork speaks to you? Do you see yourself working in a clinical environment, using the latest medical research to guide your approach? Or do you seek to reduce stress and be an important part of someone's healthy lifestyle? Do you imagine a little of each?

In massage school, you'll learn about the many different ways people use massage to support their health goals. You'll learn about the muscles and joints in the body and how to use hands-on techniques to promote balance, flexibility, and fluidity in the body's structures. Massage helps people rest and recover, supporting their natural healing mechanisms. In a massage career, you never stop growing and learning. With 300-plus modalities, there's an approach to massage that fits every client and every practitioner.

Here are just a few of the ways you might use your skills in your career:

- **Sports massage:** Massage therapists are increasingly being included as integral components of athletes' training teams. Sports massage can be done in a spa or clinic setting or performed on-site at athletic events, in a chair or on a table.
- **Pregnancy massage:** Pregnancy massage specialists help mothers through the pain and discomfort of pregnancy. There's nothing like seeing the smile on a mother's face and knowing you helped not only her, but her growing baby as well.
- **Geriatric massage:** More seniors are discovering the joys and benefits of massage. Putting your skills to use to aid the aging population is a rewarding experience for all involved.
- **Corporate chair massage:** Companies know that happy workers equal productive workers, and savvy CEOs have been bringing in chair massage specialists to keep their employees healthy and injury-free for years.
- **Relaxation massage:** Perhaps the most traditional setting for massage is within a spa setting. Working in a calm, tranquil environment, enveloped by soothing aromas and serene music sounds pretty good, doesn't it?

CHOOSE YOUR PATH

Does the security and structure of being an employee of a massage clinic or spa franchise appeal to you? Or do you want to enjoy the freedom (and are you ready for the responsibility) of owning your own practice? The beauty of a career in massage and bodywork is the wide range of options from which you have to choose.

Career Opportunities

- **Work in a franchise location:** Working in a massage franchise or clinic offers stability, security, and structure. Every location is different, but in general, you can expect to enjoy a consistent schedule and regular income.
- **Work in a spa:** Massage is one of the most requested services at luxury spas, which means massage therapists are always in demand. Working in a spa setting allows you to enjoy working alongside a variety of health and wellness specialists and apply a variety of creative body treatments in a luxurious setting.
- **Work in a medical or health-care setting:** Massage therapists are employed in many hospitals and private physician or chiropractic offices. These therapists work in a clinical setting as one part of a team of health-care professionals.
- **Work as an independent therapist:** Self-employment allows you to set your own schedule, create your own work environment, and choose the modalities you practice. However, you are also responsible for attracting and retaining clients, performing bookkeeping, and everything else that comes with running a business.

Resources to get you started today:

- Explore the latest research, techniques, and trends in the profession by reading the free digital edition of *Massage & Bodywork* magazine online at **www.massageandbodyworkdigital.com**.
- Visit **www.massagetherapy.com**, your one-stop shop, to learn more about massage, find out how to become a massage therapist, and find a massage therapist near you.

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I LOVE BEING A MASSAGE THERAPIST! I GET TO HELP PEOPLE EVERY DAY.

(Katie Esper, LMT)

WHAT TO EXPECT

In this exciting time, as you ponder your future in massage and bodywork, make sure you ask the right questions to ensure you have all the information you need to make an informed decision.

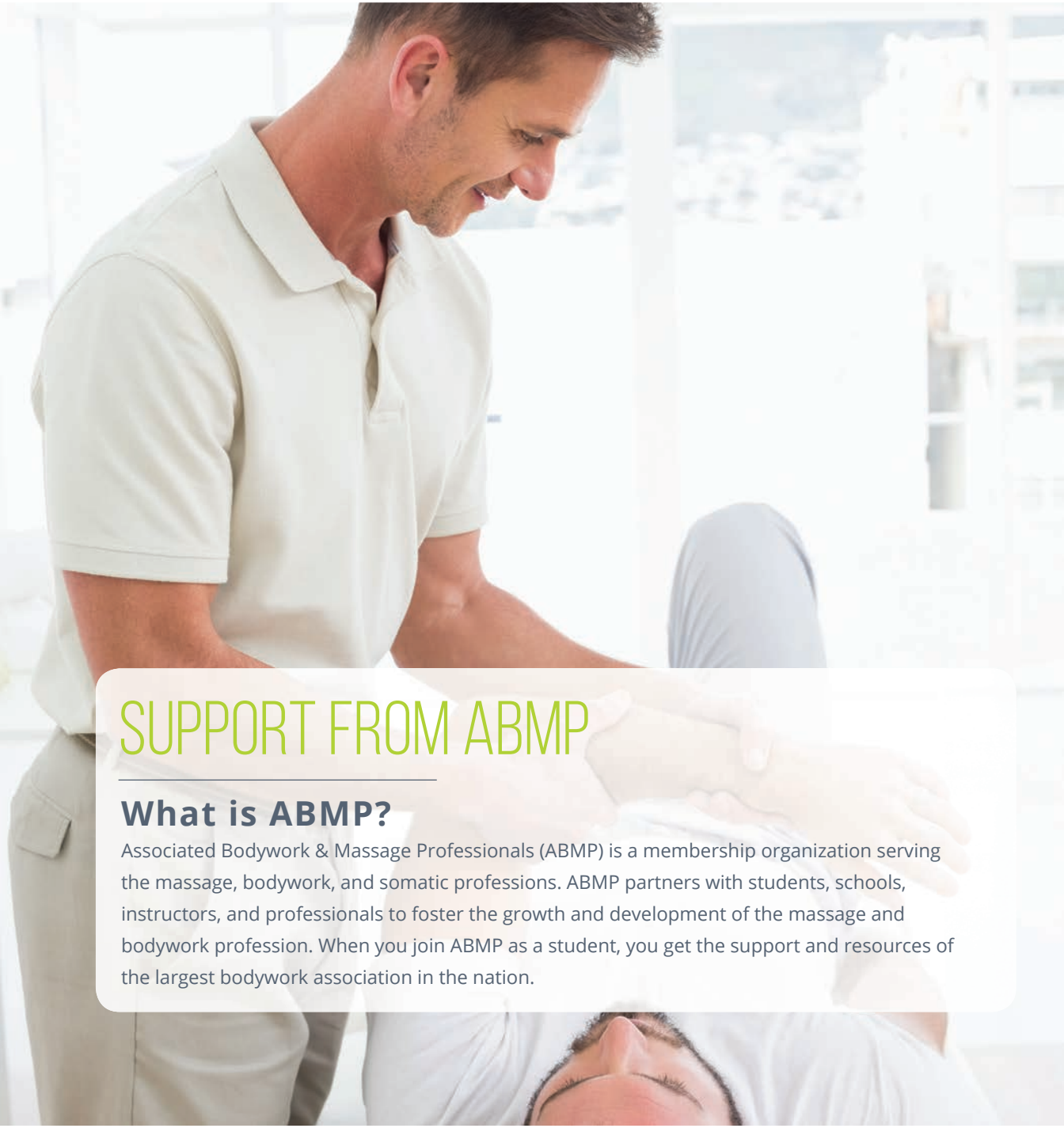
Questions to Ask Your School Advisor

Since every school and every program is different, we encourage you to meet with your school's admissions advisor for specific answers to any questions you have. Some of the questions you might ask include:

- What is the total cost of your school's program?
- How many hours of study and/or hands-on practice are required?
- What is the ratio of traditional classroom instruction to hands-on practice?
- What are the rules and regulations governing massage in your state?
- What are the financial expectations for graduates of your program?

STERNOCLEIDOMASTOID?
YOU'LL LEARN THIS AND MORE THAN 2,500 OTHER ANATOMICAL TERMS AND BODYWORK-RELATED CONCEPTS IN YOUR MASSAGE TRAINING.

TIP!
GOING FOR AN ADMISSIONS INTERVIEW? DRESS PROFESSIONALLY, MAKE EYE CONTACT, AND SMILE!



SUPPORT FROM ABMP

What is ABMP?

Associated Bodywork & Massage Professionals (ABMP) is a membership organization serving the massage, bodywork, and somatic professions. ABMP partners with students, schools, instructors, and professionals to foster the growth and development of the massage and bodywork profession. When you join ABMP as a student, you get the support and resources of the largest bodywork association in the nation.

From Student to Professional

From your first day in massage school through your successful career as a professional therapist, ABMP has you covered with a wealth of support resources, including student success guides, exam prep materials, educational newsletters, and comprehensive liability insurance.

Massage & Bodywork Magazine

Massage & Bodywork is ABMP's award-winning publication, providing massage therapists and bodyworkers with the latest research, techniques, perspectives, and trends in the industry.

Liability Insurance

ABMP offers comprehensive insurance coverage that protects you from liability claims in and out of the classroom while you're a student, and throughout your career as a professional therapist.

Free Professional Website

Enjoy a free website with our easy-to-use Website Builder, which includes dozens of professionally designed templates that let you start building your professional presence in a matter of minutes.

Support

Personal support is available from our friendly membership team to answer any questions you may have. Call us at 800-458-2267 or email expectmore@abmp.com.

GET YOUR MASSAGE AND BODYWORK CAREER STARTED ON THE RIGHT FOOT

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