



A masseuse provides massage care for people needing to relax or to help with injuries.

There are many different forms of massage and you can specialize in the area you like the most!

Many masseuses have their own businesses providing massage services however, some work for sports teams and/or large companies providing massage as a service to their employees.

The main areas of work include:

Remedial Massage – assisting healing after injury

Relaxation Massage – promoting relaxation and reducing stress

Sports Massage – assisting sports performance

Some of the things you might do as a Masseuse include:

- provide massage to assist healing
- provide massage to enhance relaxation and wellbeing
- provide massage to assist sports performance

Other areas you might explore include:

Aromatherapy

Uses essential oils.

Reflexology

Uses pressure on the reflex points (nerve endings) of the feet which influence other areas in the body.

You will be....

- physically fit and in good health (have strong hands/back)
- have a caring, positive attitude
- a concern to assist people to heal and
- improve their health
- able to run your own business if you work for yourself

Additional Information

Australian Traditional Medicine Society:

www.atms.com.au

Australian Association of Massage Therapists:

www.aamt.com.au

Shiatsu

Uses techniques to re-balance energy.

Swedish Massage

Uses techniques to relax muscles and stimulate blood flow.

Education & Training

You will usually be required to complete a certificate or diploma level course.

Remember, if you think being a masseur would be a good career you might also remember that you may be working for yourself so it would be a good idea to develop your ability to run and manage your own business.

Consider things like: Where are you going to work + How will you get your customers + How much will you charge + How much do you need to work to make a profit....

These and other questions will help you set up your career as a masseuse successfully!