



Everything you need to know about becoming a Massage Therapist

Contents

- Chapter 01** What is a Massage Therapist?
- Chapter 02** Types of massage therapy
- Chapter 03** Benefits of being a Massage Therapist
- Chapter 04** What qualifications do you need to be a Massage Therapist?
- Chapter 05** How do I get a job as a Massage Therapist?
- Chapter 06** How to find the right employer as a Massage Therapist
- Chapter 07** What will I do as a Massage Therapist?
- Chapter 08** Job opportunities for Massage Therapists
- Chapter 09** Secrets of Massage Therapists
- Chapter 10** Massage Therapy Associations
- Chapter 11** Massage therapy glossary of terms
- Chapter 12** Massage therapy FAQs

About

Massage therapy is a growing industry in Australia and offers a wide range of exciting job opportunities. Whether you want to work in a clinical setting, at an exotic resort or for yourself, life as a massage therapist can be incredibly rewarding.



However, to get your career started on the right foot, there are a few things you need to know. Choosing the right nationally recognised course to study is vital to your employability, identifying and cultivating the skills you need will be central to your success, and knowing where to look for a job and how to ace the interview will put you ahead of the pack.

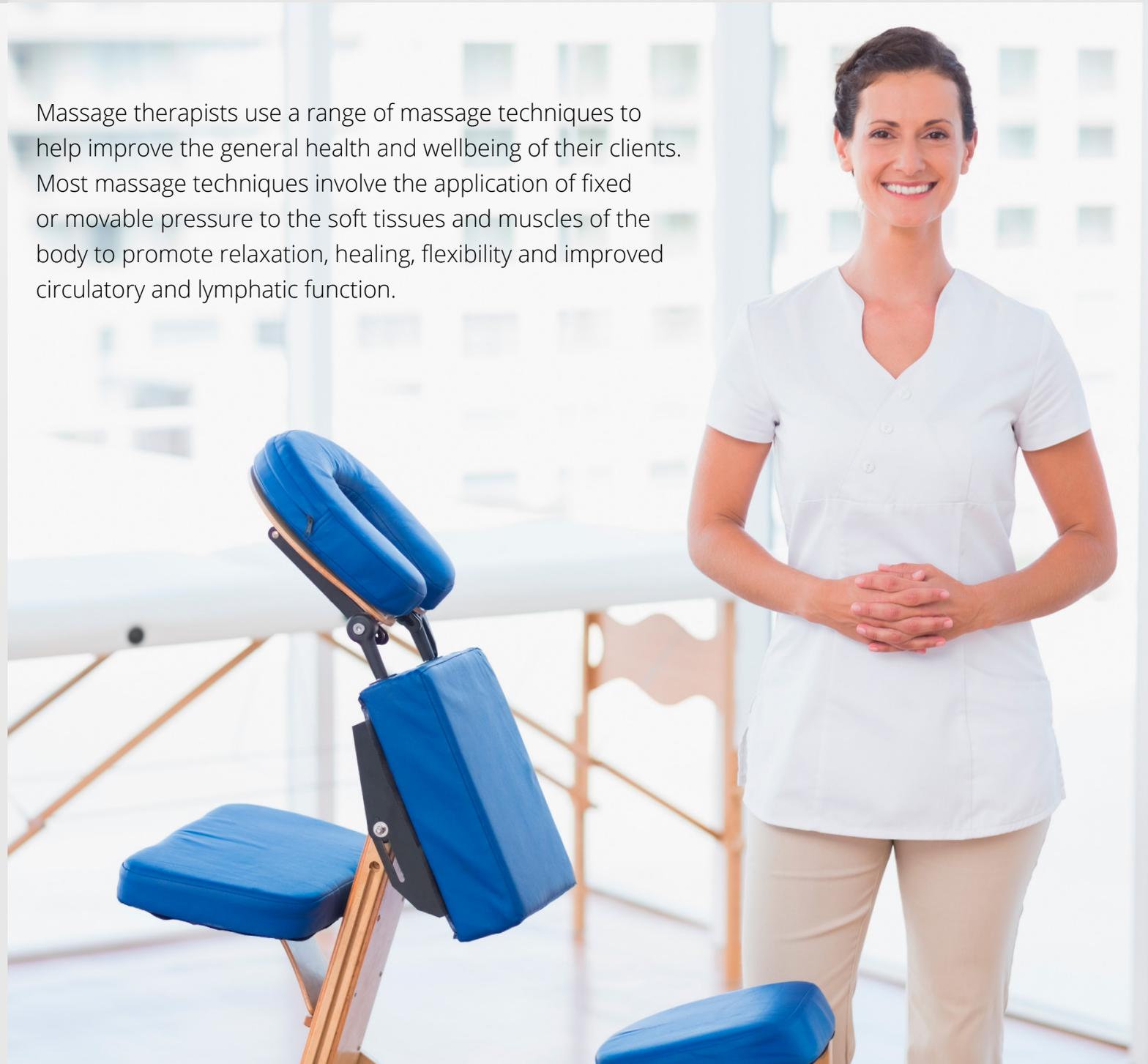
In this ebook, we reveal:

- » The types of massage you need to know
- » The benefits of working as a massage therapist
- » The qualifications you need for a successful career
- » How to get a job as a massage therapist
- » How to find the right employer for you
- » Your common duties as a massage therapist
- » The best job opportunities for massage therapists
- » The secrets of practicing massage therapists
- » The key industry associations to consider joining
- » Common industry terms explained
- » Answers to the questions you're too afraid to ask



What is a Massage Therapist?

Massage therapists use a range of massage techniques to help improve the general health and wellbeing of their clients. Most massage techniques involve the application of fixed or movable pressure to the soft tissues and muscles of the body to promote relaxation, healing, flexibility and improved circulatory and lymphatic function.



A brief history

Massage therapy has been used as a medical treatment for thousands of years. It is thought to have originated in India around 3000 BC and was mentioned in ancient Chinese texts dating back to 2700 BC. The practice of massage was also depicted in ancient Egyptian tomb paintings around 2500 BC, which served as inspiration for its adoption in ancient Rome and Greece.

However, its journey into modern Western culture would take much more time. While Hippocrates – known as the ‘father of medicine’ – wrote about massage in 400 BC, it wasn’t until the early 1800s that the newly developed Swedish massage technique would sweep Europe, and eventually the rest of the world.

A growing industry

Today, massage therapy is a rapidly growing industry. The number of Massage Therapists grew very strongly over the past 5 years and is expected to grow very strongly over the next 5 years from 19,900 in 2018 to 23,900 by 2023.

Job openings can come from new jobs being created, but most come from turnover (workers leaving). There are likely to be around 15,000 job openings over 5 years (that’s about 3,000 a year) *.

Less than half work full-time (29.9%, fewer than the all jobs average of 68.4%), showing there are many opportunities to work part-time.

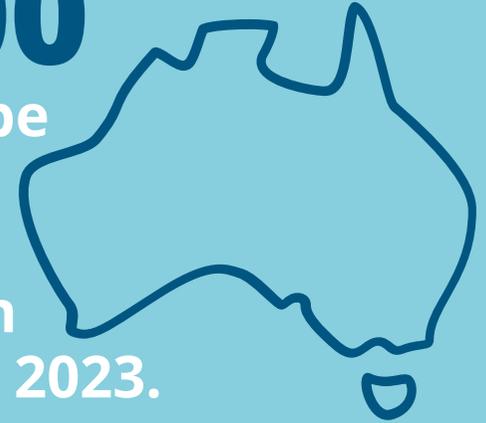
Full-time workers spend around 35.5 hours per week at work (compared to the all jobs average of 40.0 hours).

Benefits of massage

Massage therapy offers a range of benefits that help improve the overall health and wellness of clients. Massage therapy can help to:

- » Relax muscles and relieve pain
- » Assist healing from soft tissue injury
- » Improve flexibility and range of movement
- » Reduce stress and mental tension
- » Promote more restful sleep
- » Lower blood pressure and heart rate

23,000
people will be
employed
as massage
therapists in
Australia by 2023.



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Types of massage therapy

Massage therapists are often trained across a wide range of massage techniques. Here are some of the most common types of massage therapy:



Remedial massage

Remedial massage uses a set of techniques to locate and repair injury or discomfort in the body by stimulating blood supply to the damaged muscles. It tends to focus on injured or tense muscles and tendons, and gentle or strong pressure is applied depending the individual profile and preference of the client.



Deep Tissue

Deep tissue massage is often used to treat chronic muscle pain by penetrating the deeper layers of muscles to relieve muscle tightness. It focuses on the sub-layer of muscles as well as tendons and ligaments and pressure is often concentrated on the area of pain or tension in order to break down rigid tissue or muscle adhesions.



Sports

Sports massage is used to help athletes prevent and recover from injury. It is often used before a sporting event to help the athlete prepare their muscles for exertion, and after an event to treat any aches, pains or injuries. It is also used between sporting events to assist recovery and keep the athlete in prime physical condition.



Reflexology

Reflexology stimulates nerves in the body and promotes blood flow to relieve pain and assist healing. It predominantly uses pressure points located in the hands and feet that connect to different areas and organs in the body. It is also thought to be effective for improving overall health and preventing a range of illnesses.



Myotherapy

Myotherapy is the assessment, treatment and management of musculoskeletal conditions, which may cause muscular dysfunction and pain thus affecting movement and mobility. Myotherapists utilise a range of treatment techniques to restore and maintain the normal integrity of the soft tissue structures (muscles, tendons, ligaments and fascia).



Shiatsu

Shiatsu is a form of traditional Japanese massage that is based on acupressure and stretching techniques. Shiatsu massage therapists apply pressure to special points in the body to relieve muscle pain and promote overall good health and wellbeing. It tends to take a whole body approach to health rather than focusing on one particular site of injury.



Swedish massage

Swedish massage has gained popularity in Europe and the US since its development in the early 1800s. Swedish massage therapists use hands, forearms and elbows to apply pressure to superficial muscle layers to promote relaxation, relieve tension, decrease tension and improve range of motion.



Thai massage

Thai massage predominantly uses stretching techniques to improve overall flexibility, relieve pain and promote healing. Unlike many other massage techniques, it doesn't use oils and limits the application of pressure. It is often used in conjunction with yoga practices to reduce stress and encourage overall good health and wellbeing.



Hot stone

Hot stone massage is popular as a relaxation technique at many day spas and resorts. Smooth stones are heated in hot water and placed on certain points in the body to promote increased circulation. Hot stone massage is often used in conjunction with essential oils to help relax sore muscles, relieve tension and reduce stress.

Benefits of being a Massage Therapist

Working as a massage therapist comes with many benefits. Take advantage of a huge range of job opportunities in a growing industry, set your own hours, enjoy rewarding work days and stay fit and healthy while you're at it.



Sound good? Here are eight reasons why you should consider becoming a massage therapist:



1. Huge range of job opportunities

Massage therapists work in a wide range of industries to suit your preferred lifestyle. You might choose to work in a large city massage clinic, for a sports club, in a day spa or luxury resort, at a rehabilitation facility, in aged care, or choose to go into business for yourself.



2. Flexible hours

Only about one third of massage therapists in Australia work full time. That means whether you work for yourself or an employer, there is plenty of scope to set your own hours to fit in with your other commitments.



3. Rewarding work

Massage therapists are among the rare few professionals who actively help people day in and day out. Assisting clients recover from injuries to enjoy a better quality of life is extremely rewarding.



4.

Growing Industry

Massage therapy is a growing industry in Australia – especially in the baby boomer sector as our aging population increasingly seeks help from massage therapists to assist in injury prevention and rehabilitation. You may also choose to work in the rapidly growing corporate massage sector.



5.

Work for yourself

If you dream about being self-employed, massage therapy could be for you. Costs to set up your own massage business are relatively low – particularly if you choose to make house calls as part of a mobile service.



6.

Stay fit and healthy

Forget sitting in front of a computer all day. Massage therapy is great if you prefer to be physically active throughout your work day to stay fit and healthy.



Become an accredited professional

With the right nationally recognised qualifications in place, you'll have the opportunity to join industry associations to take an active role in the future of the industry.



Lifelong learning

Massage therapy is never boring. After achieving your initial qualifications, you can complete a range of short courses & post graduate studies while you work to expand your expertise and learn new skills.

What qualifications do you need to be a Massage Therapist?

While massage therapy is largely a self-regulated industry, there are some important things you should know before deciding where and what to study.



For starters, you'll need a nationally recognised Certificate IV in Massage Therapy (HLT42015) to be eligible to join a major industry association and a minimum of a Diploma of Remedial Massage (HLT52015) to provide health care rebates to your clients – both major factors that will affect your employability. And you will not qualify for liability insurance unless you have completed a nationally recognised course.

The good news is there are many study options to suit you, whether you're at the beginning of your journey or are an experienced pro looking to expand your skill set.

Get a taste of the industry with the Introduction to Massage Therapy short course; move onto a nationally recognised Certificate, Diploma or Advanced Diploma course to set yourself up as a professional massage therapist; then expand your skill set as you work with a range of postgraduate courses.



Short course

Introduction to Massage Therapy

This informative short course is ideal if you're considering entering the massage therapy industry and want a taste of it before moving into a nationally recognised course.

Nationally recognised courses

Certificate IV in Massage Therapy (HLT42015)

This is where you open the door to your Massage Therapy career. The Certificate IV in Massage Therapy is the entry qualification you need to be recognised as a professional Massage Therapist.

We will give you the opportunity to gain the skills you will need to work as a Massage Therapist by teaching you practical massage skills, human anatomy, pathology and first aid.

Diploma of Remedial Massage (HLT52015)

Take your education one step further with this thorough nationally recognised course. You will learn clinical assessment techniques and a wide range of remedial treatments including Myofascial Release, Cupping, Remedial Sports massage to name just a few and practice management – ideal if you aim

to start your own massage therapy business. Particularly important is the fact that the Diploma of Remedial Massage is recognised by several Government agencies and most private health insurance companies, which means you'll be able to provide health care rebates to your clients.

Advanced Diploma of Myotherapy (22316VIC)

This is the most advanced nationally recognised qualification in the Australian massage therapy industry and will help you learn how to use treatment regimes and clinical orthopaedic assessments to develop overall treatment plans. Some of the subjects you will study include Myofascial Dry Needling, Exercise Prescription & Rehabilitation, Electrotherapeutic Modalities & Nutrition to name a few.

Post-graduate courses

Cupping (Flame)

Expand your skills with this excellent post-graduate course that teaches the traditional Chinese art of cupping as well as underlying Chinese medicine philosophy and Western science.

Dry Needling

Add dry needling to your remedial massage therapy repertoire with this 60-hour course that teaches a full range of dry needling principles and practice in a face-to-face contact setting.

Myofascial Release II

Help your clients overcome trauma, inflammatory responses and surgical procedures with this course that teaches the latest myofascial techniques to eliminate pain and restore motion.

Oriental massage

Learn the ancient art of Chinese massage and how to stimulate specific acupuncture points to increase energy flow and improve your patients' outcomes.

Sports massage

This course will enable you to work with athletes as you learn how to tailor your treatment plan to best assist their individual conditioning to reduce muscle tension, prevent injury and recover from strains.

Costs

There are various levels of government support available subject to meeting eligibility. Contact us for further information.

Traits of the ultimate massage therapist

What makes a great massage therapist, and how do you know if you have what it takes to become a success in the industry? Here are the five traits of the ultimate massage therapist:

1. Passionate about health

As a budding health professional you need to be passionate about health, fitness and wellbeing. Your aim will be to improve the overall health and wellness of your patients. If that doesn't excite you, then you'll likely lack motivation for the job.

2. Eager to learn

The best massage therapists are dedicated to lifelong learning. After achieving your initial Diploma or Advanced Diploma qualifications, you can study a range of postgraduate courses to expand your skill set and keep your techniques up to date.

3. People skills

You need to be a people person. Communicating with clients to develop effective treatment plans will be vital to your success as a massage therapist. You'll also be dealing with people who experience chronic pain and may be recovering from a serious injury, so a pleasant and compassionate bedside manner is a must.

4. Hands on approach

It may sound a little obvious, but as a massage therapist you'll need to be comfortable touching people. Of course, this will always be in a professional, clinical setting but if a hands-on approach makes you uncomfortable, a career in massage therapy may not be for you.

5. Relaxed energy

Massage therapy is all about healing people whether they are recovering from a serious injury or just want to reduce stress with a relaxing massage. That's why you'll need a healing nature and the ability to use your relaxed energy to put your clients at ease.

How do I get a job as a Massage Therapist?

Follow this step-by-step flowchart to score a job as a massage therapist and get your career on the path to success:



Step 1: Complete an Introduction to Massage Therapy course

This two-day short course will give you an overall taste of the industry before you commit to more in-depth study. It will also prepare you for Certificate & Diploma study to get your career off on the right foot.

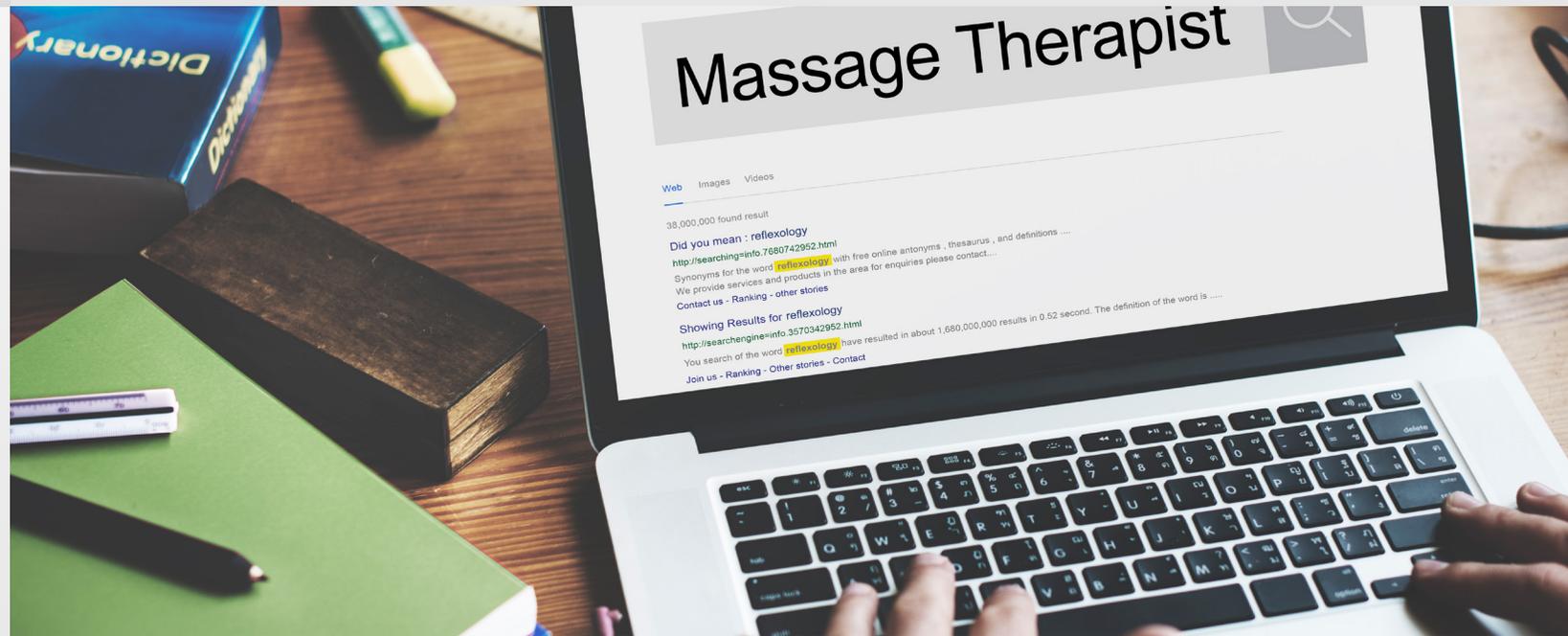
Step 2: Certificate IV in Massage Therapy (HLT42015) or Diploma of Remedial Massage (HLT52015)

Completing a nationally recognised Certificate IV in Massage means you can join industry associations of your choice and qualify for liability insurance – all vital to your employability as a massage therapist. Going on

to complete the Diploma of Remedial Massage means your qualification will be recognised by most private health insurance providers.

Step 3: Complete work experience

You'll complete work experience as a massage therapist as part of your Certificate & Diploma course. This provides an important opportunity to practice your new skills in a real-work clinical setting, and will be attractive to prospective employers. You might choose to volunteer for a local sports team, seek an internship at a massage clinic, or assist at a day spa.



Step 4: Develop your CV

You'll need a good CV before you start applying for roles as a massage therapist. Be sure to include your relevant education and qualifications along with a list of subject areas, detail the industry work experience you've completed, and include any other career history that will demonstrate you're a reliable worker.

Step 5: Apply for roles

Now it's time to get busy applying for roles. Online employment marketplaces like www.seek.com.au are a rich mine for massage therapy jobs, or apply directly to the massage clinics that you most respect. MIMT also has a private jobs page available to their students and graduates.

Ensure you include a cover letter with your CV that sets out why you'll be a good fit for the business.

How to prepare for a massage therapy interview

Now that you've earned a nationally recognised qualification, completed work experience, developed your CV and started applying for roles, it's time to start attending job interviews.

Follow these five tips to prepare for a massage therapy interview and score the job of your dreams:



Dress for success

If you get the job, you'll be representing the business to its clients. That means your prospective employer will be judging how you present yourself in the interview. Always dress professionally and keep your personal grooming neat and tidy.

Nail the greeting

A firm handshake, pleasant smile and eye contact when you greet your interviewer will signal to them that you're a confident operator and have the people skills necessary to build relationships with your clients.

Know your motivation

Interviewers will often ask why you want to be a massage therapist.

Prepare a strong answer to this question. If you falter here, you'll come across as unmotivated and lacking passion for the job.

Prepare some examples

Employers love to hear about your prior work experience, but to really impress, prepare some examples of how you helped a specific client or how you overcame a particular challenge.

Ask questions

Take an active role in your interview and don't be scared to ask your interviewer questions about the business. This shows you're interested in them and will help you identify ways to show that you'll fit in with their company culture.

How to find the right employer as a Massage Therapist



Taking some time to research employers before applying for a job as a massage therapist will help you find the right fit for you and get your career started on the right foot.



It's important to consider the cultural fit of the companies you apply for. That is, does the company's values match your own, and do you think you'll be happy working in the environment they provide?

Here's how to assess potential employers to find the right fit for you:

What facilities do they provide?

Consider attending the clinic as a paying customer before you apply for a job to assess the facilities they provide and whether you feel these will be sufficient for you to do your job to the best of your ability.

What are the company's values?

Read the company's website and check out their social media feeds to figure out what's important to them. Also read client reviews online to assess their customer service satisfaction levels.

How long have they been around?

Working for a new company can be exciting, however if you're looking for something more stable, go for an employer who has been operating for a number of years with proven success.

What treatments do they offer?

Have a look at the range of massage treatments the company offers. You want to make sure that your skill set will be catered for, but also look for new areas that you might want to learn more about in the future.

Who are your colleagues?

Read staff profiles to get a feel for the people you'll be working with. Make sure your fellow massage therapists all have nationally recognised qualifications and are people you'll feel comfortable learning from.

What are the pay rates?

You're well within your rights to ask about pay rates during a job interview – but leave it to the end of the conversation so you don't appear over eager about money. After all, if you feel under valued you likely won't stick around for the long haul.

What will I do as a Massage Therapist?

As a massage therapist you're a healthcare professional and a valued part of your client's medical treatment team. That means you'll do more than simply massage clients. You'll also need to assess their current health to develop effective treatment plans, provide follow-up advice and track their health outcomes over time to achieve their desired results.



Here's what you can expect in a typical day as a busy massage therapist:

Assess your client

Before starting a massage you'll need to talk with your client about their medical history, any existing injuries, perform a thorough clinical assessment and ask what they hope to achieve with massage therapy.

Develop a treatment plan

Once you have a strong understanding of your client's medical profile and goals, you'll need to develop a treatment plan that addresses their specific needs.

Begin the massage therapy

Put the treatment plan into action and use the required massage techniques to help achieve the client's treatment goals.

Follow up

After the massage, take the time to talk to your client about their experience and offer advice on stretching or strengthening exercises they can do at home as part of their treatment plan.

Schedule their next appointment

It's important to keep your client coming back on schedule if they're to achieve their treatment goals. But be clear and explain your suggested appointment schedule as it relates to the treatment plan.

Record their process

It's vital to record the process of your clients so you can update or change their treatment plan as needed. It will also help you stay focused on achieving their specific treatment goals.

Business management

If you're a self-employed massage therapist you'll need to put some time aside for business management tasks such as account keeping and marketing activities.

Job opportunities for Massage Therapists

Massage therapists enjoy a huge range of job opportunities across a variety of industries. Here are some of the workplaces that have high demand for massage therapists:



Massage clinics

Massage clinics are the obvious starting point for job opportunities in the massage therapy industry. These might be large massage chains, small family-run businesses or larger independent operators.

Health and wellness centres

Many multi-disciplinary health and wellness centres will have massage therapists on staff to provide a range of complimentary treatments to their clients.

Aged care facilities

Massage therapists are increasingly in-demand at aged care facilities to help residents prevent injury, recover from surgery and reduce stress to improve overall health.

Pregnancy centres

Pregnancy centres that offer parenthood planning, pre-natal resources and birthing classes are often open to working with massage therapists to assist their clients to enjoy a healthy pregnancy.

Sports teams

Professional sports clubs employ on-staff massage therapists to help their athletes prevent and recover from injuries, improve flexibility, and maintain their optimal conditioning.

Corporate massage

Corporate massage is a growth industry. Some major corporations may employ their own in-house massage therapists, but many companies have emerged that provide on-site massage services to office workers.

Day spas and resorts

Massage therapists also have the option of working in exotic holiday destinations at exclusive day spas and resorts. Large hotel chains often employ teams of massage therapists across their properties.

Mobile massage providers

Mobile massage companies that offer clients in-home therapies are also increasing in popularity. Working for a mobile massage provider will often give you greater independence and more flexible work hours.

Self employment

Many massage therapists are self employed. Costs to set up your own massage business are relatively low – especially if you're willing to work from a home studio or do house calls.

Secrets of Massage Therapists

Two practicing
massage therapists
reveal the inside
secrets of the massage
therapy industry:



Matt Natoli

Matt is an experienced Myotherapist and Remedial Massage Therapist. He currently teaches the Certificate IV in Massage Therapy and Diploma of Remedial Massage at the Melbourne Institute of Massage Therapy.

What do you wish you knew before you started in massage?

How important it is to surround yourself with therapists from all around the industry (ie. physiotherapists, osteopaths and exercise physiologists, etc.). Learning from their experiences and knowledge is invaluable to your own personal growth.

What's the best thing about being a massage therapist?

The flexibility. You can incorporate massage work with other jobs (I teach as well), and you have time during the days to do other things. And of course being able to make a difference in a person's life.

What was the biggest eye opener for you when you started?

Just how much knowledge you need to know and continue to know. As well as how much impact you can have on a client through massage.

What do you dislike about massage therapy?

I love what I do but if I disliked anything it would be the amount of laundry I now have to do washing all the towels and linen!



Lisa

Lisa is a Myotherapist and studied the Certificate IV in Massage, Diploma of Remedial Massage & the Advanced Diploma of Myotherapy at MIMT

What do you wish you knew before you started in massage?

Absolutely nothing! Why? Lateral epicondylitis, tendinitis, basal joint arthritis.... All the perks of the job.... Would have I embarked on this career knowing the personal aches and pains? Maybe..maybe not...Would I change it for the world?....NEVER! I love my job.

What's the best thing about being a massage therapist?

Flexibility of hours is great but the best part is helping to educate people and help them change their lives. Improving their performance in sport, relieving and or managing their pain, prevention of injury & managing their injuries, meeting new people....the list goes on.

What was the biggest eye opener for you when you started?

Feeling like I always need to learn more. The education is never finished in the industry. You can never learn or know enough. There's always another case that has you stumped then reading and researching for hours on end...you never stop learning and you may never have all the answers.

What do you dislike about massage therapy?

Washing and drying loads and loads of towels.

Massage Therapy Associations

Joining an industry association is a great way to expand your professional network, keep up to date with insider industry news, expand your skill set with workshops and seminars and access a range of member benefits including discounted rates on insurance.



Here are five of Australia's biggest and best massage therapy associations:



in good hands

Association of Massage Therapists (AMT)

About

AMT was established in 1966 and is Australia's oldest massage therapy association. It is not-for-profit organisation that advocates to advance the profile and standing of massage therapists, and promote the health benefits of massage therapy.

Member benefits

Members are invited to attend the annual national conference along with a range of workshops, meetings and local members' days throughout the year. Members also receive a quarterly journal, regular email updates, and can connect with other massage therapists through the AMT online forum.

Cost

\$75 application fee for new members, plus \$185 per year.*



Australian Natural Therapists Association (ANTA)

About

ANTA was established more than 60 years ago to represent complementary medicine and natural therapy practitioners. It currently has approximately 10,000 members across Australia.

Member benefits

Members are invited to attend regular national seminars and can participate in the organisation's practitioner referral service. ANTA members are also recognised nationally by more than 50 health funds and WorkCover Authorities. A quarterly publication provides additional resources and members are offered the opportunity to create a free web page.

Cost

Membership is from \$165 for members with a Diploma qualification.*



Massage Association of Australia (MAA)

About

MMA is a volunteer-run organisation and aims to communicate with and build bridges between the massage industry and other health professions with mutual respect and care.

Member benefits

All members receive voting rights at the annual general meeting and are invited to join a board committee to sub-committee. Members also have access to discounted liability insurance and receive a free classified ad in the quarterly newsletter.

Cost

New memberships are \$253 for 12 months; renewals are \$192.50.*



Myotherapy Association of Australia

About

The Myotherapy Association of Australia works with governments, educators and other key stakeholders to advance the myotherapy industry and provide improved access to myotherapy services.

Member benefits

Members are invited to attend the Myotherapy AA bi-annual conference and seminar with local and international speakers, have access to competitive rates for professional indemnity insurance, participate in the patient referral service, and receive a quarterly publication and monthly news updates.

Cost

Student membership is free. New myotherapy graduates can join within 12 months of graduation for \$340.*

*Prices are valid at time of going to print. All prices are subject to change and should be confirmed with associations before joining.



Massage & Myotherapy Association (M&MA)

About

MMA (formerly known as Australian Association of Massage Therapy (AAMT)) was formed in 2003 as a not-for-profit organisation to represent massage therapists nationwide. It has more than 8,600 members across Australia and is committed to upholding and promoting the highest quality of standards in the field of massage therapy.

Member benefits

MMA members are able to obtain combined malpractice, public and products liability insurance at a reduced premium and all members receive a free listing in the Australian Massage Directory. Members can also attend a range of lectures, workshops, online learning sessions, and an annual Conference and receive a quarterly journal and monthly e-news updates.

Cost

Membership is from \$319 including the application fee. Membership level is dependent on your education qualifications.*

Massage therapy glossary of terms

Struggling with massage therapy jargon? Here are some common industry terms explained:

**Accupressure:**

Massage therapists apply pressure to specific points throughout the body to promote healing.

Accupuncture:

Fine needles are inserted into pressure points that are linked to organs to treat a range of health problems.

Bodywork:

A general term that refers to various types of touch therapies.

Cartilage:

Flexible tissue that connects joints between bones such as the rib cage

Circulatory system:

The system that promotes blood flow through the body via the heart and blood vessels.

Fascial system:

A connective tissue sheath that spreads throughout the body.

Ligaments:

Connective tissue that connects bones or cartilages in a joint.

Lymphatic drainage:

Stimulation of the lymphatic systems and fluids to promote cleansing.

Myofascia:

Fibrous tissue that surrounds muscles.

Nervous system

The network of nerves that passes brain signals and impulses throughout the body.

Soft tissue release (STR):

Applying pressure to relevant tissues while stretching aligning fibres.

Tendons:

Tough fibrous tissue that connects muscles to bones.

Massage therapy FAQs

New to the massage therapy industry? Here are the answers to the questions you're too afraid to ask:



Do I need qualifications to practice as a massage therapist?

Yes. Without a nationally recognised qualification such as a Certificate IV in Massage Therapy (HLT42015) or a Diploma of Remedial Massage (HLT52015) you may be excluded from joining industry associations and be ineligible for the insurance you'll need to practice as a Massage Therapist.

What qualification should I choose?

The Certificate IV in Massage Therapy (HLT42015), Diploma of Remedial Massage (HLT52015) & Advanced Diploma of Myotherapy (22316VIC) are the three major nationally recognised courses that are relevant to the massage therapy industry. Most students will start with the Certificate IV course.

Do I need insurance to work as a massage therapist?

Yes. You'll need liability insurance, which is available at discounted rates through most industry associations. You'll also need a minimum of a Certificate IV in Massage qualification to qualify.

Can I provide healthcare rebates to my clients?

Yes, you will have recognition with most private health insurance companies and government agencies when you graduate with the nationally recognised Diploma of Remedial Massage (HLT52015) & the Advanced Diploma of Myotherapy (22316VIC) from an accredited training organisation such as MIMT.

How difficult is it to get a job in massage therapy?

The number of Massage Therapists grew very strongly

over the past 5 years and is expected to grow very strongly over the next 5 years from 19,900 in 2018 to 23,900 by 2023.

How many hours do I have to work?

Less than half work full-time (29.9%, fewer than the all jobs average of 68.4%), showing there are many opportunities to work part-time.

Full-time workers spend around 35.5 hours per week at work (compared to the all jobs average of 40 hours)*.

Can I get financial assistance to help pay for my studies?

There are various levels of government & private funding available depending on which course you're applying for and subject to meeting eligibility. Contact MIMT for further information.

*Source joboutlook.gov.au



Massage, Myotherapy and Health
1300 839 839 | www.mimt.edu.au

Australian College of Health Fitness trading as Melbourne Institute of Massage & Myotherapy

Heidelberg: 68 Mount Street Heidelberg, VIC, 3084

Moorabbin: 1/18 Station Street, Moorabbin, VIC, 3189

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