

“The Institute of Beauty and Wellness gave me the skills and confidence needed to succeed, and continues to provide me with a network of resources I am able to use to further my skills”

Erika, Massage Therapist  
Inspirit Therapy Associates



### Massage Therapy

The massage industry offers diverse options for employment after graduation from an accredited school. The 750 hour program will prepare you to work in this dynamic field by guiding you through human anatomy, pathology, physiology and kinesiology. Your journey begins with anatomy and movement. It then guides you through the complexity of the human body by teaching increasingly complex massage techniques and modalities. Through this understanding you will learn how to improve the human body and psyche through the power of touch and the art of intention. Throughout the program you will be engaged in promoting wellness in your own life and your guests. You will also learn the business of the massage profession through business initiatives designed to teach you to sell yourself and the products you use. Succeed in a spa, health club, alternative care/medical setting or even start your own business. Attain the skills you need to pass your national boards, become state licensed and contribute to the beautiful field of massage therapy.

### Alpha Unit

Learn muscle anatomy, cell function and kinesiology of the human body. Discover the fundamentals of Swedish massage, reflexology and aromalogy. Study the science of the ancient philosophy of Ayurveda. Begin practical knowledge through hands on palpation and application of massage techniques. Learn proper sanitization and safety procedures to keep both you and your guests safe. Practice your studies by bringing your classroom knowledge onto the clinic floor. Throughout the alpha phase your knowledge will be measured by written and technical evaluation.

### Beta Unit

Broaden your knowledge as you learn deep tissue, trigger point therapy, sports and chair massage while working under the supervision of well qualified instructors with years of experience to share. Enjoy the experience of nurturing the pregnant guest and infants through our Prenatal and Mommy-and-Me workshops. During the business portion of your program, learn how to interview effectively, catch the eye of a potential employer and design your own business plan.

### Gamma Unit

Gain an appreciation for Asian theory as you explore Shiatsu, Amma and acupressure techniques. Learn to apply hot stone, lymphatic drainage and neuromuscular techniques. Measure your knowledge of clinical pathology through analyzing case studies and designing session plans for your guests with chronic pain, repetitive stress injuries, Myofascial pain syndrome and other disorders. Learn to correctly identify postural distortion and how to rebalance the body through the application of the proper massage modality. **Upon successful completion you will receive the certificate that will mark the beginning of your new career and prepare you for state licensure.**

# MASSAGE THERAPY

**Full-Time Schedule** | 22 weeks Tuesday through Friday: 8:30 am | 4 pm Saturday: 9 am | 4 pm

**Part-Time Schedule** | 37.5 weeks Monday through Thursday: 4:30 pm | 9:30 pm

## Theory/Practical Hours by Subject

	Theory/Practical Hours
Anatomy, Physiology, Pathology, Kinesiology	275
Business, Laws & Ethics	60
Massage Therapy and Body Work Theory, Technique and Practice	320
Student Clinics	70
Adult CPR and Standard First Aid	8
Additional Massage Therapy and Body Work coursework	7
State Law and Jurisprudence	10
<b>Total Hours</b>	<b>750</b>