



Massage Therapy Career Guide

If you are thinking about a career in massage therapy, you may have questions about the profession and whether it might be the right one for you. These are a few of the ones we hear most often:

Would massage be a good career for me?

Massage therapy might be an interesting and rewarding career for you if you:

- Want to work in health care but you don't want shift work
- Don't love a desk job
- Want flexible hours
- Enjoy maintaining a low-stress work environment
- Are interested in how bodies work
- Like to develop new skills and knowledge
- Enjoy helping people feel physically and emotionally better
- Need a better than average income

What do massage therapists do?

As a registered massage therapist (RMT), you will be an important member of your client's health care team, providing effective hands-on therapy and promoting both physical and emotional wellness through the therapeutic relationship.

The expert hands-on work RMTs do helps alleviate pain; aid rehabilitation from injuries; relieves stress, anxiety, and depression; and helps athletes perform at their best.

As an RMT, you will need a strong foundation in anatomy, physiology, pathology, the principles of massage therapy, and therapeutic relationships. You will assess the specific needs and concerns of each client and use the assessment to plan and deliver effective manual therapy.

Massage therapy is a profession with life-long learning required: in addition to continuing education in various manual skills and techniques, RMTs stay current with the latest research in the field.

If you have a passion for helping others, an interest in health and wellness, and an entrepreneurial spirit, massage therapy training could be a great fit for you!

Will I be able to find a job?

Massage therapy is a fast-growing profession in Alberta and across Canada. If you are an effective RMT, you will be in demand and can sustain a good income throughout the year, whether you are an employee in a professional massage clinic, multi-professional wellness clinic, a sports facility, spa, resort, or have a clinic of your own.

More than 90 percent of our graduates each year are working in massage within their first year of practice. Vicars School graduates are highly sought after because of our reputation for graduating knowledgeable and effective massage therapists. Employers who have hired any of our grads learn to start their next search by posting the opening on our website!

Can I make a good living?

Yes. As in any profession, your job prospects—and income—will depend on your skills and training, where you work and the hours you are available.

Massage therapy is a fee-for-service profession, usually, with few salaried positions. Rates vary in western Canada from \$90 to \$120 or more per one-hour massage, with RMT incomes reported from \$40,000 to \$85,000 or more. Much of this range is accounted for by RMTs who choose to work part time being at the lower end, while experienced, full-time therapists are at the higher.

In some towns and cities, Vicars grads are booking months in advance all year round; in others demand is lower or seasonal.

If you work in a space owned by someone else, you will negotiate with the management how much you pay for the space, supplies, promotion, receptionist, and other services, sometimes by splitting the fees your clients pay, sometimes by paying a monthly fee. Some employers pay a fixed hourly wage but your income may vary by the number of shifts available.

If you have your own practice in a space you own or rent, the fees are yours, but you are responsible for your own expenses, including your website, booking software, supplies, and accounting.

Another factor is that a good massage therapist builds their practice—and their income—over time. They have satisfied clients who rebook and refer their friends and family.

Building a good practice starts with finding the best education you can, so you can be effective even at the start of your career. It is not a coincidence that the national standard for massage education in Canada is based on entry-to-practice competencies—the skills and knowledge that graduates should have on their first day of practice!

Can I afford to change careers?

“I know I want to do this, but how can I pay for it?”

If that question is on your mind, you are not alone. But the return to school may be more affordable than you think. If you think massage might be the right career and Vicars the right program for you, contact our admissions team by phone (1-866-491-0574), text (587-715-0600), or email (welcome@vicarsschool.com).

Many people think that student aid is only for new high school graduates from low-income families. Not true! You may be eligible for low-cost loans that cover the cost of tuition, fees, materials and supplies, and for additional funds to offset your living expenses while you are a full-time student. There are also federal and provincial grants that do not need to be repaid.

The school can help, too. If you are paying out of pocket, we have a no-fee, no-interest, installment plan for tuition payments.

Where can I work as an RMT?

If you are wondering where you can work as an RMT, the answer is almost anywhere you want!

After you graduate, you can choose to work for yourself in your own clinic, from home, or travel to clients' homes or workplaces. Or you can find employment or contract work in a variety of settings, including:

- Massage clinics
- Multidisciplinary clinics with other healthcare professionals like physiotherapists or chiropractors
- Sports centres or gyms
- Spas, yoga, or Pilates studios
- Resorts

Can I work in other provinces?

A Vicars diploma will open the door for membership with professional associations in Alberta, Saskatchewan, Manitoba, the Northwest Territories, or the Yukon.

To work in BC, Ontario, and the other provinces where massage therapy and massage education are regulated, you will need to write entrance examinations and pay an application fee.

Vicars School is fully accredited by the Canadian Massage Therapy Council for Accreditation (CMTCA), which means that our program meets exactly the same standards as schools in regulated provinces.

What kind of training do I need?

Graduates and employers tell us that Vicars grads do so well because of the quality of our curriculum, our exceptional faculty, and the invaluable experience students receive at our supervised clinics.

Choosing the right massage school is a critical decision that will shape your career path. In today's job market, a quality education is essential to build your practice and to adapt to changes in the profession. Therefore, it is essential to select a massage school that adheres to the highest recognized standards. The most reliable assurance of quality in Canadian massage education is accreditation by the Canadian Massage Therapy Council for Accreditation.

[READ MORE ABOUT ACCREDITATION HERE](#)



Apart from accreditation, it is essential to consider whether a program offers training that suits your individual requirements: the way you learn; your responsibilities outside of school; and your career goals.

How long will my massage therapy career last?

Massage therapy is a physically demanding job, and like any other physical job, there is a risk of occupational injuries. However, most of these injuries can be prevented.

The keys to longevity in this profession are proper body mechanics and self-care. Your Vicars instructors will teach you the safest ways to perform massage. It is important to prioritize your physical fitness and avoid overworking yourself. Respect your body and you will be able to continue massaging comfortably for years to come!

How do I learn more?

Choosing a career is a really big decision, and so is going back to school. If you are thinking Vicars might be the right school for you, you are invited to join us for an online or in-person [Info Session](#) to meet admissions advisors and to take a virtual or in-person campus tour. You can ask practical questions about schedules, facilities, and resources and get a feel for the campus.

Wouldn't it be helpful to try it out before you commit? We think so, too – that's why we offer our [Massage for Beginners Workshop](#).

During this two-day interactive workshop, you'll learn the strokes and sequences for a full relaxation massage, as well as some of the science behind it. It's taught by Vicars faculty who are all practicing RMTs, so it's the best way to experience what it's like to be a professional massage therapist (not to mention what it's like to be a massage therapy student). And it's risk-free: if you become a Vicars student, the workshop is free!

We'll deduct the cost of the workshop from your first-year tuition.

CLICK HERE TO SEE OUR INFO SESSION
SCHEDULE OR BOOK A TOUR



If you have any other questions about the career or the Vicars program, contact our admissions team by phone (1-866-491-0574), text (587-715-0600), or email (welcome@vicarsschool.com).