



MASSAGE THERAPY TRAINING PROGRAM

LEARN. PRACTICE. HEAL.

MASSAGE THERAPY - 610 HRS

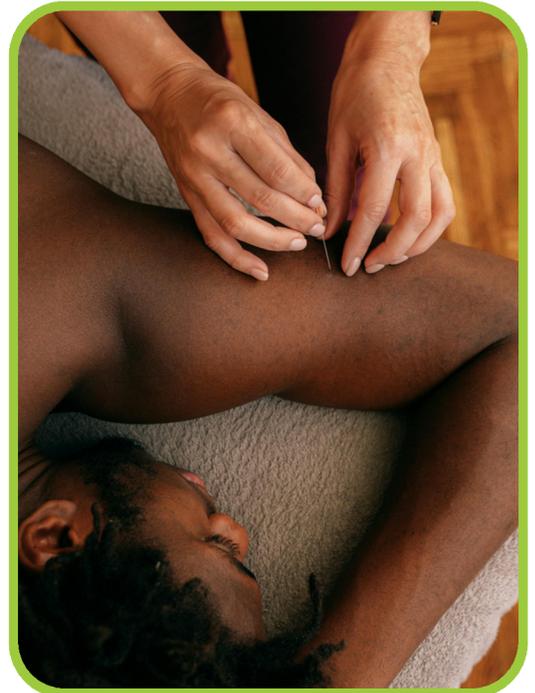
(10% OF HRS ARE THROUGH DISTANCE EDUCATION)

Our Massage Therapy program is designed for students who are committed to professional excellence in therapeutic bodywork and holistic wellness. This comprehensive curriculum integrates clinical knowledge with mindful, hands-on practice to prepare graduates for successful careers in a wide range of professional settings. Whether working in spas, wellness centers, medical offices, or private practice, students develop the confidence and competence to meet the diverse needs of today's clients.

The program emphasizes a strong foundation in anatomy, physiology, kinesiology, and pathology, paired with extensive hands-on training in foundational and advanced massage techniques. Students learn to assess the body, develop effective treatment plans, and apply therapeutic touch with intention, precision, and professionalism.

Graduates are prepared to meet state licensure requirements and enter the profession with a deep understanding of both the art and science of massage therapy. Ethical practice, client communication, and self-care are woven throughout the program to support long-term career sustainability.

Beyond technique, the program includes essential business and professional development education, empowering graduates to build, grow, and sustain successful massage careers.



CHOICE IN EDUCATION

MASSAGE THERAPY COURSE CONTENT

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STEPNEY INSTITUTE
OF ESTHETICS & WELLNESS
EDUCATING THE FUTURE IN ESTHETICS



CORE MASSAGE THERAPY PROGRAM

Introduction to Massage Therapy

- Professional Ethics
- Personal Wellness & Self-Care
- Client Communication
- Scope of Practice

Massage Techniques

- Swedish Massage
- Cupping
- Hot Stone
- Deep Tissue Techniques
- Sports Massage
- Lymphatic Techniques
- Myofascial & Structural Approach
- Esalen-Inspired Massage

Traditional & Holistic Influences

- Traditional Asian Bodywork Concepts
- Energy Pathways
- Meridian Theory
- Breath, Movement, & Mindful Touch
- Holistic Client Care

Massage Sciences

- Anatomy & Physiology
- Kinesiology
- Pathology
- Biomechanics
- Body Mechanics
- Therapist Ergonomics

Clinical & Therapeutic Applications

- Assessments & Intake
- Treatment Planning
- Injury Prevention & Recovery
- Stress Management
- Pain Management Concepts

Body Spa Techniques

- Body RF and Maderoterapia
- Body Contouring
- Paraffin & Seaweed Treatments
- Essential Oils, Flower Essences
- Herbology and Phytotherapy
- Reflexology and
- Auriculotherapy

Business & Professional Development

- Client Relations & Retention
- Clinic Floor Operations
- Scheduling & Documentation
- Retail & Product Knowledge
- Marketing & Brand Building
- Private Practice Foundations

Advanced & Complimentary Topics

- Hydrotherapy
- Hot and Cold Applications
- Aromatherapy Foundations
- Stretching & Movement Integration

BEGIN AND RISE

FOR MORE INFORMATION

(708) 991-7598