TIPS FOR TAKING CARE OF YOURSELF

AS A MASSAGE THERAPIST

EAT HEALTHY

PRACTICE MEDITATION

KEEP A JOURNAL

GIVE YOURSELF A DAY OFF

GET YOUR FLU SHOT

TAKE GOOD CARE OF YOUR HANDS. THEY WORK HARD FOR YOU:

- Give yourself a hand massage with mobility balls
- Use IASTM tools to save your hands
- Apply warming topicals for pain relief
- Apply cooling topicals to soothe sore muscles and joints, and reduce swelling



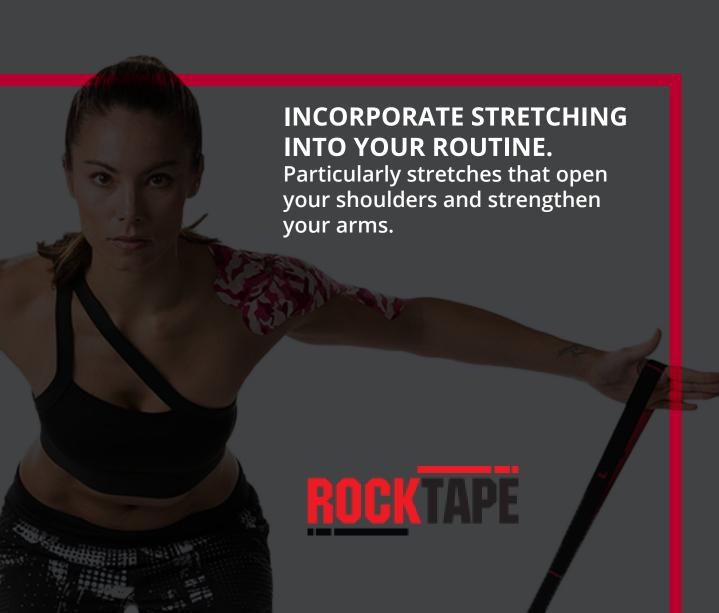
MAKE SELF-CARE A PRIORITY



TRY CUPPING



STAY HYDRATED



PRACTICE GOOD BODY MECHANICS

DISCOVER THE MAGIC OF FOAM ROLLERS

GET A MASSAGE OCCASIONALLY

GET A GOOD NIGHT'S SLEEP