

# 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**

**INCORPORATE STRETCHING  
INTO YOUR ROUTINE.**

Particularly stretches that open  
your shoulders and strengthen  
your arms.

**PRACTICE  
GOOD BODY  
MECHANICS**

**DISCOVER THE MAGIC  
OF FOAM ROLLERS**

**GET A MASSAGE  
OCCASIONALLY**

**GET A GOOD  
NIGHT'S SLEEP**

**ROCKTAPE**