Massage Life Academy

Fall-Winter 2026-27 Catalog

Massage Life Academy

1706 N. Heritage Park Blvd Suite 5

Layton, Utah 84041

Phone or Text 801-600-7717

desk@massagelifeacademy.com

www.massagelifeacademy.com

spa one

1706 N. Heritage Park Blvd Suite 1

Layton, Utah 84041

Phone or Text 801-919-6667

desk@spaoneutah.com

www.spaoneutah.com

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INTRODUCTION

STATEMENT OF HISTORY & CURRENT OWNERSHIP

Massage Life Academy began in 2023 in Layton Utah. Alyssa Kelso, Jeff Stucki, and Vi Price founded the company. Previously, Alyssa Kelso started Spa One (formerly Massage Life Spa) in 2017. These companies continue to grow under her leadership to more than 50 employees, serving over 50,000 clients, and earning more than 1,100 5-star reviews. Alyssa Kelso is the principal owner, but the company is employee-owned with several employees sharing in its ownership and success.

OFFICERS – PRINCIPLES – ADVISORS

Alyssa Kelso, LME, Founder & President
kelsoalyssa88@gmail.com • 801-603-5710

Jeffrey Stucki, Founder, Business & Marketing
jeff@massagelifeacademy.com • 801-360-1990

Vi Price, LMT, Founder & VP Development
vi@massagelifeacademy.com • 704-880-6090

Shayla Reay, LMT, Academy Director
director@massagelifeacademy.com • 801-600-7717

Phillip S. Ferguson JD, Legal Advisor
phillip.ferguson@chrisjen.com • 801-323-5000

Todd Weiler JD, Business & Legal Advisor
todd.weiler@chrisjen.com • 801-323-5000

Josh Lakin CPA, Accounting & Financial Advisor
josh@crossandassociates.com • 801-313-1777

APPROVALS – LICENSURES – MEMBERSHIPS

REGISTERED UNDER THE UTAH POSTSECONDARY SCHOOL AND STATE AUTHORIZATION ACT (Title 13, Chapter 34, Utah Code). Registration under the Utah Postsecondary Proprietary School Act does not mean that the State of Utah supervises, recommends, nor accredits the institution. It is the student's responsibility to determine whether credits, degrees, or certificates from the institution will transfer to other institutions or meet employers' training requirements. This may be done by calling the prospective school or employer.

ACCREDITATION

The institution is not accredited by a regional or national accrediting agency recognized by the United States Department of Education.

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OUR MISSION STATEMENT

Our mission is to help students from all walks of life achieve their dreams by becoming skilled, confident, and compassionate massage therapists. Through high-quality education, hands-on training, real-world spa experience, and a supportive culture rooted in our core values, we prepare students to pursue meaningful careers, create positive change, and lift themselves, their clients, and the world around them.

OUR VALUES

Open	*Kind*	*Brave*
Honest	*Humble*	*Positive*
Assertive	*Reliable*	*Abundant*
Respectful	*Accountable*	*Grateful*

OUR CULTURE

We work toward achieving our mission by cultivating a specific culture here that you get to become a part of! Here are the foundational pillars we encourage all students and staff to embody and embrace:

• **Kindness** — Kindness to both yourself and those around you can make a world of difference. The more compassion this world has, the better.

• **Feedback and Improvement** — You can expect feedback to go both ways here! We have been around long enough to know just how powerful the feedback–adjustment–improvement loop can be. Feedback should always be given kindly and with success in mind, of course.

• **Positivity** — We understand that life is not without its challenges. We also understand that choosing a positive mindset or a negative one can drastically change the course of things. So let's choose to look toward success and lift each other up!

• **Helpfulness and Teamwork** — With the other pillars in place, this one should flow quite naturally. We should all have the success of our peers in mind, as well as our own, and do our best to lend each other a hand when it's needed.

• **Stewardship and Care** — This is an attitude rooted in gratitude and humility, and it is so important on this shared planet we all call home. When you take responsibility for and show compassion toward the environments you are in, you will naturally want to care for them. Your environment can mean your ecosystem, your city, your classroom, or even your own body! Stewarding these spaces can look like leaving the classrooms neat and orderly, picking up stray litter in the courtyard, and making sure you are caring for yourself and your body with healthful foods, rest, and plenty of stretching. You will learn all about that soon!

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PROGRAM

Description & Objectives

Graduates prepared to become a licensed massage therapist and begin a successful career. You'll develop strong hands-on skills, a solid foundation in anatomy and body mechanics, professional confidence, and the ability to provide safe, effective, compassionate massage therapy.

You'll also learn techniques and self-care practices designed to support a long, sustainable career.

Our goal is to prepare students from all walks of life to become skilled, confident, and compassionate professionals who are ready to build meaningful careers and make a positive difference for the clients they serve.

Program Overview

644 HOURS | 8 MONTHS | 100 CLINIC HOURS | 8 STUDENTS MAX

Our 644-hour program is completed in just 8 months and combines classroom instruction, hands-on practice, and 100 hours of supervised clinical experience inside Spa One. Learn from experienced instructors who currently work in the field and bring more than 75 years of combined experience. Your training includes Swedish, deep tissue, structural, prenatal, and sports massage, along with anatomy, physiology, kinesiology, business, ethics, and professional practice.

During clinic, you'll work with real clients alongside seasoned professionals, building the skill and confidence to enter the profession career-ready.

Course List

- CPR, Sanitation & Universal Precautions (16 hours)
- Intro to Hands-on: Foundations (24 hours)
- Systems of the Human Body (40 hours)
- Muscle Anatomy, Palpation and Kinesiology I (40 hours)
- Muscle Anatomy, Palpation and Kinesiology II (40 hours)
- Swedish (40 hours)
- Deep Tissue I (40 hours)
- Pathology (48 hours)
- Deep Tissue II: Postural Assessment and Correction (48 hours)
- Safety of Special Populations (40 hours)
- Spa Tools and Techniques (40 hours)
- Modality Appreciation (40 hours)
- Ethics and Business in Massage (40 hours)
- Composite Massage (24 hours)
- Anatomy, Physiology, and Kinesiology Review (8 hours)
- MBLEx Prep (16 hours)
- Student Clinic (100 hours)

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Detailed Course Descriptions

Human Anatomy & Kinesiology Courses

Systems of the Human Body

In this course, students will learn the basic structure of the human body, all the different organ systems we are composed of, and how it all works together to create a functional human being. Through understanding how the human body ideally functions, students can then learn to recognize imbalances in their clients on the systemic level, and then (within the scope of practice) do what they can to bring things back to homeostasis.

Muscle Anatomy, Palpation, & Kinesiology I

In this course, students will begin with learning the foundations of skeletal muscle anatomy and physiology, orientation and movement terminology, and skeletal anatomy, then build their way up to being able to identify skeletal muscles, their origins and insertions, and understanding the movements they create within the human body. Focus will be on muscles of the shoulder and arm, and the spine and thorax. Students will also learn how to identify these muscles by touch. Through use of models, images, and the exploration of real human bodies through touch and movement, students will gain a strong foundation in muscle anatomy and movement mechanics by the end of this course.

Muscle Anatomy, Palpation & Kinesiology II

In this course, students will build off of the previous Muscle Anatomy/Palpation and Kinesiology course, and continue the exploration of the skeletal muscles, their origins and insertions, and understanding the movements they create within the human body. Focus will be on muscles of the forearm and hand, pelvis and thigh, leg and foot, and the face and neck. Students will also learn how to identify these muscles by touch. Through use of models, images, and the exploration of real human bodies through touch and movement, students will gain an in-depth understanding of muscle anatomy and movement mechanics by the end of this course.

Anatomy, Physiology, & Kinesiology Review

This advanced preparatory module integrates prior coursework in anatomy, physiology, kinesiology and real-world clinical experience into a unified, clinical framework to ensure total readiness for the MBLEx. Rather than a standard content review, this course functions as an interactive alignment tool, consolidating previous knowledge and targeting specific areas of development. The curriculum is intentionally flexible, allowing instruction to dynamically pivot toward topics requiring deeper reinforcement based on real-time cohort assessment. Each student will have different experiences from their clinic experience that influences different areas of discussion & applied knowledge.

Pathology Courses

Pathology

In this course, students will learn to search for and recognize (not diagnose) different possible pathologies in a client so that safe and effective treatment is ensured. We will also cover indications and contraindications of pathologies that clients may have which are already diagnosed by a doctor, as well as safety precautions for the massage therapist themselves.

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Massage Theory & Technique Courses

Introduction to Hands-On: Foundations

In intro to Hands-On Foundations, students can expect to learn the history of massage therapy and bodywork and get comfortable with bodywork touch while solidifying their understanding of muscular anatomy. Students will also learn the importance of having good body mechanics, and self-care methods for their own mental and physical wellbeing to prolong their massage practice and prevent burnout. Verbal intake, client assessment, and soap notes will also be covered. This course will allow students to begin to combine their skills and show them how they are applicable in a real-life setting and start off their massage therapy journey with good habits.

Swedish

In this course, students will continue practicing the self-care habits they learned in the prerequisite Foundations course, Swedish massage techniques, and how to tie it together into one seamless session. Proper technique and time management within the session itself will be key in this class, and the students will be able to explore and communicate with their "client" different techniques of their own, as well as solidify session documentation habits.

Deep Tissue I

In this course, students will learn how to apply deep pressure to the muscles during massage in a way that is safe for themselves and therapeutic to the client. Locating areas of tension and trigger points as well as techniques like trigger point therapy, contract-relax, and muscle stripping will be addressed, as well as in depth demonstrations of ways to work each individual muscle group. Indications and contraindications for deep tissue will be discussed along the way.

Deep Tissue II: Postural Assessment and Correction

In Deep Tissue II, students will continue the techniques they have learned in the previous course, Deep Tissue I, with the added task of learning to recognize postural imbalances within the client, and how to apply massage techniques to help rebalance them. They will learn to assess imbalances using tools and without them as well, all while being able to deliver safe and effective treatment to the client with the consideration of safety for themselves as well.

Safety of Special Populations

In this technique course, students will build off of their previously gained Pathology knowledge, and gain a more comprehensive view of how indications and contraindications may uniquely fit together for clients of special populations. Having a strong understanding of their own abilities and scope of practice, combined with a knowledge of common patterns within certain populations to provide safe massage (and identify when to refer a client to a more qualified practitioner) are key. Populations to be discussed will include: geriatric clients, pregnant women (prenatal clients), and clients with injuries or surgeries.

Spa Tools and Techniques

In this course, students will learn about a variety of tools and techniques that can be used in the spa setting, such as hot stones, exfoliating scrubs, paraffin wax, hot towels, and dry brushing, as well as introductory cupping techniques and safety. This exposure is designed to open student's eyes to the possibilities of massage utilizing tools, as well as prepare them for massage in the spa setting.

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Modality Appreciation

In this appreciation course, students will get a glimpse into how vast and differentiated the world of massage can truly be. An academic understanding of a wide variety of modalities will be gained during this course (not hands-on technique), to encourage students to start thinking about which modalities pique their interest and that they may want to expand their education toward in the future.

Composite Massage

This is the course where students will have the chance to combine their unique styles, individual talents/interests, guided by the informed hand of their instructor (who will provide ideas to go off of and lessons along the way). By the end of the class, students will have discovered which techniques suit/ interest them and will become inspired by the endless possibilities that each massage session has to offer them and their client.

Other Courses

CPR, Sanitation & Universal Precautions

In this course, students will learn about ways to prevent the spread of disease in a massage therapy environment through simple things to do and look out for every day. Things like laundry routines and equipment sanitation will be covered, as well as an online course in CPR and First Aid provided by the American Health Care Academy.

Ethics and Business in Massage

For this course, students will learn about professionalism both in and out of session. We will cover the therapeutic ethics, as well as research literacy, options for employment, business practices, and State of Utah laws surrounding the practice of massage therapy, as well as how to keep current on them.

MBLEx Prep

This two-week course is designed to help prepare students for their upcoming MBLEX exam. It does not have a core structure and is instead student-guided, ensuring that the individual study needs of each class and student are met appropriately. Study methods and resources will abound in this class, as well as active group study.

Clinical Hours

Student Clinic

For clinics, students will put the sum total of their knowledge and skills acquired together to provide professional, pleasant, and effective treatment to clients. Every day, students will be provided with clients to work on, so that they may practice and gain an understanding of how the day to day massage work flow might go for them. This will be a time where students are scaffolded by the support and guidance of their instructors, but take the lead in their own practice. Each client will fill out a survey providing feedback to the students after their massage. Students are required to have a minimum of 90 hours booked with full-paying clients or seated chair massage events, up to 10 hours may be used for last-minute friends and family members to receive a free service. This cannot be booked ahead of time, students are only able to book this 15 minutes prior to the booking availability and must receive clearance from the front desk and clinic supervisor.

Note: 100 hours of clinic are required by the state of Utah to be a part of every curriculum to qualify students for Licensure. It is unlawful for students to collect pay in exchange for massage therapy services since they are not yet licensed. All monies generated by clinic services are for maintaining the function of Massage Life Academy.

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Program Delivery

This is a residential, on-campus program. All instruction takes place at 1706 N. Heritage Park Blvd #5 in Layton, Utah. Although we do have online resources available to students, all instruction takes place in person on site.

Program Costs or Tuition & Fees

The total cost of our 644-hour massage therapy program is $12,000. This includes your registration fee, tuition, books, supplies, and the materials required to complete the program:

Description	Due Date	Amount
Registration fee	When you enroll	$150
Books, uniform, supplies, etc.*	One month before classes begin	$1,350
Tuition	One week before classes begin or as detailed in student or third-party agreements	$10,500
Total Program Cost		**$12,000**

*Includes textbooks, holster and oil bottle, uniform, ABMP membership, Spa One Student Membership, flash cards, school merch, CPR/First Aid certification and supplies, instructional consumables and reusable equipment, and sales tax.

The MBLEx examination fee and Utah state licensing fees are paid separately and are not included in our program cost. Current fees are approximately $265 for the MBLEx and $92 for state licensing (including a $60 massage therapist application fee and $32 fingerprinting fee). All fees are subject to change.

Registration Fee

Register for $150 to secure your seat. Tuition, books and supplies are not due until you enroll. Your registration fee is refundable for up to 14 calendar days after payment, until enrollment, so you can hold your spot and change your mind later.

Books, Uniforms & Supplies

Books, uniforms, and supplies total $1,350. These are due 30 days before classes begin and will be ready for you at orientation one week before classes start. If you change your mind and wish to exit the program before classes start, we will refund the full amount of $1,350, provided that all items are returned in new and unused condition. See *Refund Policy* for more information.

Payment Options

There are two primary ways to pay for your education. Each has different advantages, so compare all three and choose the option that best fits your finances and goals.

Option 1: Pay with a Loan and finance your education over time. We will introduce you to lenders who specialize in student loans and even lend to students with low or no credit.

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Option 2: Pay as you go with regular monthly payments and avoid taking out a loan. There are no finance charges or interest, but your tuition balance must be paid in full before graduation.

Many students choose to pay as they go. This is a convenient and practical way to gain an education without taking on debt or paying interest. Each pay-as-you-go plan is customized to your needs. Tuition may be spread over as many months as you like, provided that tuition is paid in full by graduation.

For example, let's say you enroll three months before classes begin and wish to start making payments right away. You could make three payments before classes begin, then make another eight payments while attending school, and make your final payment upon completion of the course. This would allow you to spread your tuition payments equally over 8-12 months.

There is no interest when paying as you go. Payments are due on the 1st day of each month. Your final payment and any other unpaid balances are due one week before graduation. Late payments are subject to a $20 monthly late fee, plus 2% of the unpaid balance.

Tuition Reimbursement

Massage Life Academy has teamed up with Spa One to offer tuition reimbursement to graduates who demonstrate exceptional skill, professionalism, and client care. If you are hired at Spa One directly out of school, and maintain a schedule of at least 24 hours per week, you'll receive $100 per month in tuition reimbursement for up to 48 months. That's $4,800 in reimbursements over four years—almost half of the tuition you paid!

Third-Party Financing with Cherry

Massage Life Academy works with Cherry Technologies, Inc. ("Cherry"), a third-party financial technology platform, to help qualifying students access more flexible payment options. Cherry's application process is quick and uses a soft credit check, which does not affect your credit score. If approved, students may be able to select from available payment plans based on their approval amount, eligibility, and budget. Financing approval is not guaranteed, and all terms, interest rates, payment schedules, and repayment obligations are determined by Cherry and its financing partners. For more information, students may visit Cherry's website or contact Cherry directly at support@withcherry.com or 888-839-7171. Cherry Technologies, Inc. may be contacted by mail at 2261 Market Street #4869, San Francisco, CA 94114. Students may also visit our website or schedule a meeting with a Massage Life Academy advisor for assistance.

Forms of Payment

We accept cash, checks, and all major credit cards.

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Other Costs to Budget For (not included)

You will need to budget and pay for the following costs, which are not included in Program Costs or paid for by Massage Life Academy.

- You will need to budget and pay for transportation to and from school, snacks, and any incidental supplies you may need.
- You will need to pay Massage Life Academy for any classes you miss that are unexcused and that you are required to make up ($30/hour).
- You will need to pay state and test fees. A background check is required for enrollment, which can be obtained at https://bci.utah.gov/. Once you graduate, you will need to pay FSMTB for your MBLEx test ($265) and your State of Utah for licensure fees of approximately $92 (including fingerprinting). If you need to retake the MBLEx test, you will need to pay the fee again for each test. All fees are subject to change.

Federal Financial Aid Notice

Massage Life Academy does not participate in federal financial aid programs, including federal grants, federal student loans, or federal work-study. Speak with an advisor for more information. Our grants and scholarships are private, not federal, and do not need to be repaid. Students should speak with an advisor about private payment plans, in-house financing, third-party financing, grants, scholarships, and other available options.

We offer private grants and scholarships you won't find anywhere else. Determining eligibility is quick and easy.

Who qualifies?

- Single parents
- Caregivers
- Veterans
- Financial hardships
- First in family to attend college
- LGBTQ+ community
- Those with a strong academic background

Where does the money come from?

- Generous partners who donate
- Generous clients who tip

We've paid out more than $28,000 in grants and scholarships through August 2026! See if you qualify! It only takes 5-10 minutes to apply and we don't ask for sensitive information like your social security number.

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Grants & Scholarships

Massage Life Academy administers these private, in-house grants and scholarships using funds donated by community partners and/or school-designated funds.

At Massage Life Academy, we believe everyone deserves access to a great education. Thanks to the generous support of community partners who donate funds to help students from different backgrounds and circumstances, we are proud to offer a variety of private grants and scholarships administered through Massage Life Academy. For a complete list of current grants, scholarships, and other financial programs, please visit our website or contact a student advisor.

We believe everyone should have access to a good education. That's why we've created the Massage Life Grant & Scholarship Fund administered through Massage Life Academy. Thanks to the generous support of our clients and community partners, we are proud to offer a variety of private grants and scholarships to help students finance their education and dreams.

Applying for a grant or scholarship is simple. To get started, visit our website and select **FINANCIAL AID**. After completing a brief application to help determine your eligibility, we will match you with any available grant or scholarship opportunities. The process usually takes 5-10 minutes, and you will not be asked to provide your social security number or other highly sensitive information. You may answer the questions you feel comfortable answering and skip others.

Once you submit your information, including a short cover letter to help us get to know your situation better, one of our advisors will review your eligibility and contact you within 48 hours to let you know whether you pre-qualify and how much may be available to you. If you pre-qualify for a grant or scholarship, we will provide a short list of required documents and complete the process with you during your enrollment appointment. It’s quick, easy, and students are often surprised to find they qualify!

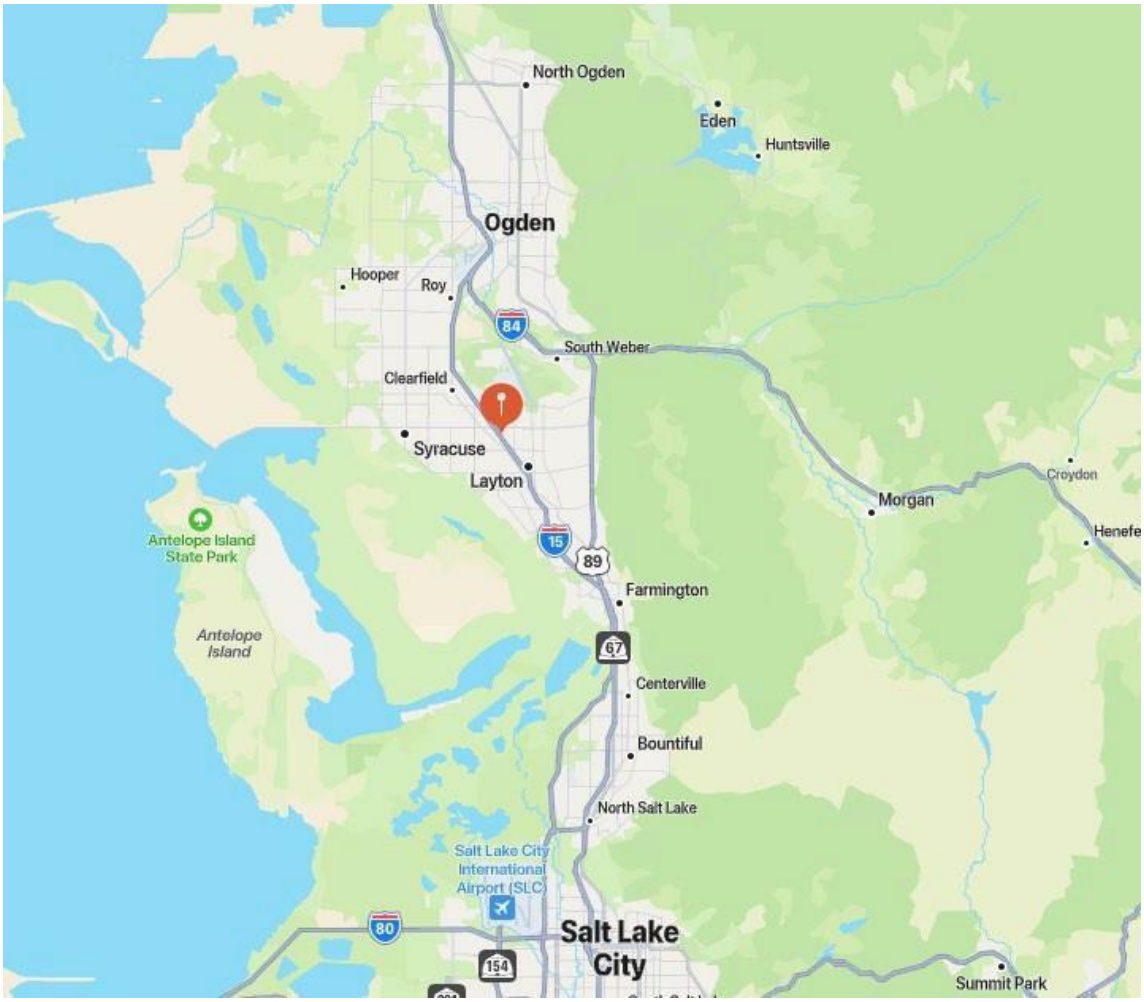
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LOCATION

Layton, Utah Campus

We're located in Layton, Utah just off I-15 and Antelope Drive (you can see the school from the freeway). We're right between Outback Steakhouse and Fairfield Inn by Marriott. Students have their own entrance to the building in the rear of the building (suite 5), but if you're coming to meet with an advisor or take a tour, enter through the front at Spa One (suite 1). We have plenty of onsite parking in the front and back of the building.

Regional Map



Distances From Nearby Cities

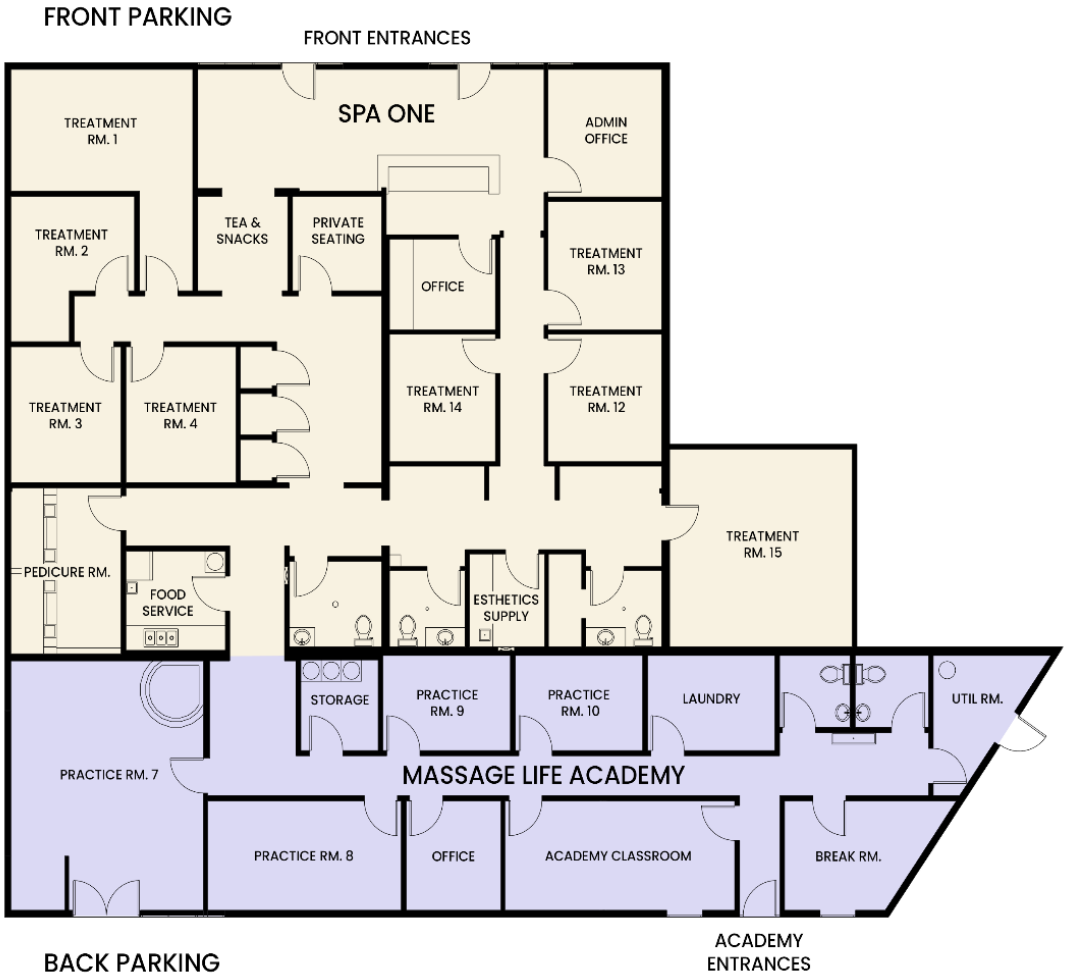
Ogden	14 miles	Lehi	51 miles
Bountiful	15 miles	Tooele	54 miles
Salt Lake City	25 miles	Park City	55 miles
Draper	41 miles	Logan	59 miles

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FACILITY

Description

We offer a 5,500 square foot campus in Layton, Utah, complete with classrooms, practice rooms, product dispensary, visitor seating, offices, breakroom with lockers, restrooms, and a shower. Spa One (our partner company) adjoins the school through interior hallways and shares the space.





MASSAGE LIFE ACADEMY, LAYTON

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Academic Instruction

All academic instruction takes place in our Layton facility.



Layton, Utah Classroom

Practice Rooms

Hands-on instruction takes place in practice rooms 7, 8, 9, 10 and 15.

Clinics

Clinics may be offered in Spa One treatment rooms between the hours of 9am – 9pm. Clinics are differentiated from regular spa services in the following ways:

- Students wear different color uniforms and student badges.
- Instructors may enter the treatment room as necessary.
- Clients complete a student intake fully disclosing details of a student massage and are required to complete an exit survey as they leave.
- Clients pay a lower price for student clinics.

Before students can begin clinics, they must complete all prerequisites with acceptable grades and be signed off by all instructors and the Academy Director. They must also complete Spa One required training.

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ADA Accessibility & Reasonable Accommodations

Massage Life Academy is committed to creating a learning environment that meets the needs of its diverse student body. Students who anticipate or experience barriers to learning, or who need reasonable accommodations due to a disability or other qualifying need, are encouraged to contact Student Services or the Academy Director. The school will engage in an interactive process to determine reasonable accommodations while maintaining essential program, safety, clinical, and licensure requirements. Students will not be discriminated against on the basis of disability or special needs.

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ACADEMIC CALENDAR

Class Times

New classes begin several times each year. We offer morning and evening cohorts Monday–Thursday:

AM Cohort: 9:00 AM–1:00 PM

PM Cohort: 6:00 PM–10:00 PM

Classes are two hours long, with two classes each day. Our A/B schedule alternates subjects Monday/Wednesday and Tuesday/Thursday, giving you time between classes to study, practice, and learn from different instructors. All classes are limited to just 8 students, giving you more individual attention. Enrollment is first come, first served and subject to availability.

All classes are held Monday-Thursday for 4 hours per day as follows:

- Morning cohort 9:00am-1:00pm
- Evening cohort 6:00pm-10:00pm

Friday-Sundays are for clinics, tutoring, and make-up classes as needed (by appointment).

Holidays

The academy observes these major holidays (and may close the week of):

- New Years Eve/Day
- Memorial Day
- Independence Day
- Labor Day
- Thanksgiving
- Christmas Eve/Day

Holiday make-up days usually take place during the same week on a Friday, so classes do not fall behind. Students are welcome to use holidays for clinics if Spa One is open and taking appointments.

Class Schedule

New classes start every Winter, Summer, and Fall.

- January 19, 2026 – September 11, 2026
- June 8, 2026 – February 2, 2027
- September 14, 2026 – May 11, 2027

Detailed cohort calendars, including session numbers, holidays, test days, and clinic start dates, are provided separately in the official Academic Calendar exhibit.

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ADMISSIONS

Admission Requirements

To be pre-qualified and accepted into our program:

- ☐ You must be 18 years of age or older when you enroll.
- ☐ You must have a high school diploma or GED certificate/equivalent.
- ☐ You must complete a required criminal background check. Certain criminal history may affect admission, clinical participation, or future licensure eligibility. Final licensure decisions are made by DOPL, not Massage Life Academy.
- ☐ You must demonstrate the ability to pay fees and tuition.
- ☐ You must have dedication and drive to finish the program.

Questions? Call or text us at 801-600-7717.

Transfer of Credit Policy

At Massage Life Academy, we take great pride in our curated, proprietary curriculum. To ensure that every graduate possesses specific clinical skills, bodywork flow, and professional ethics that define our "Gold Standard" reputation, Massage Life Academy does not accept transfer credits from other institutions.

We believe that the most successful practitioners are those who have experienced our program in its entirety—from the foundational lecture to the advanced clinical application. This "whole-program" approach ensures:

- Consistency in Training: Every student learns the same advanced techniques and safety protocols, ensuring a unified and safe classroom environment.
- Clinical Synergy: Our courses are designed to build upon one another in a specific sequence that aligns with our unique philosophy of healing.
- Licensure Confidence: By completing all hours under our direct supervision, we can confidently advocate for your competency when you sit for the MBLEx and apply for Utah state licensure.

We recognize and value the prior experience you may bring to our community. While these hours will not be credited toward your graduation requirements here, your previous background will undoubtedly serve as a strong foundation for your journey through our curriculum.

Enrollment Procedures

New students are accepted on a first-come, first-served basis. Act now, as space is limited. Enrollment is easy, follow these five steps:

STEP 1: Get Pre-Qualified and Receive Your Code

To attend school and get a massage license in Utah, you must:

- ☐ Be at least 18 years old;
- ☐ Have a high school diploma or GED;
- ☐ Be physically able to massage;
- ☐ Have a clean record (minor offenses okay), and,
- ☐ Have the drive to attend college, pursue a professional career, and help others.

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If you qualify, call or text us your name and when you'd like to attend school. We'll let you know if we have available seats and send you a code for a campus tour and free student massage.

Call or text us at 801-600-7717 to get pre-qualified and receive your code.

STEP 2: Apply for Financial Aid

Many students are surprised to find they qualify for help! We have access to many private grants, scholarships and loans that simply aren't available at other schools. Applying only takes 5-10 minutes and allows us to go to work on your behalf. You have nothing to lose, and much to gain.

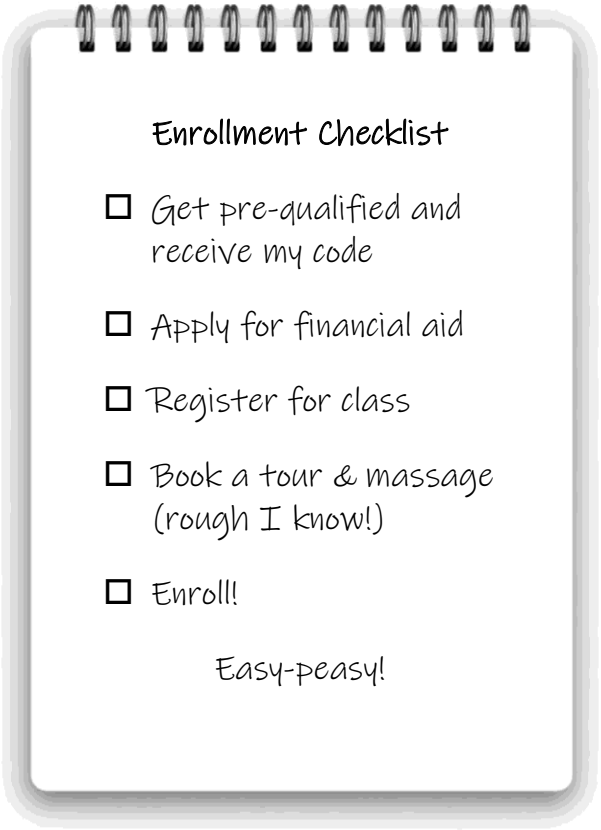
Many students are surprised to find they qualify for financial aid! That's because we have access to many private grants, scholarships and loans that simply aren't available to other schools.

Applying takes 5-10 minutes. It lets us match your needs with generous contributors. You have nothing to lose, and everything to gain.

Apply for financial aid at https://massagelifeacademy.com/financial-aid.

STEP 3: Register For the Class You Want

Register early to secure your seat—each class is limited to just 8 students and may fill quickly. Registration is $150 and reserves your place in the class you choose. Your registration fee is fully refundable for up to 14 calendar days after payment, until enrollment, so you can hold your spot and change your mind later.



Register early to secure a seat—classes are limited only 8 students and may fill quickly. Registration is $150 and secures your seat. Your registration fee is fully refundable until you complete your enrollment, so you can get a refund if you change your mind.

Register for a class at massagelifeacademy.com/student-registration.

STEP 4: Book a Tour and Student Massage

There's no better way to learn about a school than to experience it first-hand and talk to a student enrolled in the program directly. That's why we suggest you take a tour and get a student massage during the same visit. Make sure to give your code to the agent when you book!

Massage Life Academy is located at Spa One in Layton, Utah. Tours and student massage are available most days of the week.

Call or text us at 801-600-7717 to book your tour and massage.

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STEP 5: Enroll and Make it Official!

Enrollment is where everything comes together and you officially become a Massage Life Academy student. You'll meet with an advisor, review and sign your enrollment and financial documents, finalize your tuition and payment arrangements, and complete any remaining requirements. Once enrollment is complete, your plans are official and you're ready to attend orientation.

Questions? Need help? Call or text us at 801-600-7717.

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ADMINISTRATIVE STAFF & FACULTY

Listed Alphabetically



Alyssa Kelso

Licensed Master Esthetician/Founder/President
Full-time
M. 801-603-5710
O. 801-600-7717
kelsoalyssa88@gmail.com

I graduated from Marinello School of Beauty in 2012. I am a Licensed Master Esthetician. I started Spa One in 2017, and Massage Life Academy in 2023. I am passionate about changing people's lives: clients, students, employees, and instructors! It's amazing to see the transformation firsthand. It's crazy to think that we now have over 50 employees, and we've treated over 50,000 clients. I never imagined we would get this big!

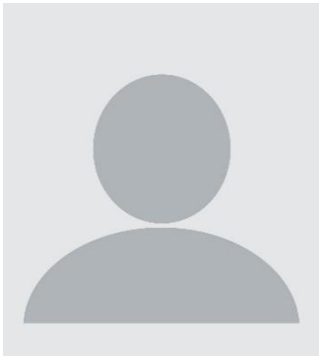


Jasmine Baker

LMT/Instructor
Part-time
801-600-7717
instructor@massagelifeacademy.com

Instructs Muscle Anatomy Palpation, & Kinesiology I & II;
Anatomy, Physiology, & Kinesiology Review; Modality Appreciation;
MBLEx Prep; and Systems of the Human Body.

I always knew that I wanted a career that involved helping people feel better, and I loved human anatomy (but not med school level math!) so I decided to try massage school in 2013. Best decision ever! I received my massage therapy certification through UCMT, and my Associate's (Psychology) and Bachelor's (Rehabilitation Sciences/Physical Therapy) degrees at Weber State University. I'm a total nerd for anatomy. My poor friends and family get punished with a long explanation every time they ask me a simple question about anything body-related. I specialize in deep tissue, trigger point therapy, sports therapy, and post-injury work.



Kelly Hadlock

LMT/Instructor
Part-time
801-600-7717
instructor@massagelifeacademy.com

Instructs Introduction to Hands-On Foundations.

I am a massage therapist specializing in pain management and injury recovery. I graduated from Utah College Of Massage Therapy at Lindon Utah in 2012 and have been an active and dedicated therapist since. After a life of debilitating pain I discovered massage therapy in college and experienced true pain relief for the first time in my life. Since that experience I have made it my life's ambition to provide pain relief and recovery to as many people as possible, to help elevate quality of life and promote healing in my clients. I have since obtained my Lymphatic specialty certification in 2024 at My LaVetta in Eagle Mountain

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Utah, to work with post op and injury recovery clients. It is my belief that the more people that can experience the healing nature of massage the healthier and happier we can live together as a community.



Lisa Roe

LMT/Instructor
Part-time
801-600-7717
instructor@massagelifeacademy.com

Instructs Modality Appreciation; CPR, Sanitation & Universal Precautions; Introduction to Hands-On Foundations; and Pathology.

I am a graduate of Idaho State University's massage program, and a Reiki Master in the Usui Shiki Ryoho method. I also have an associate's degree in science fine arts from Idah State University. I am all about delivering a therapeutic and healing experience to everyone I touch. I integrate training, intuition, and academic knowledge of the body to deliver a unique and comprehensive healing experience, all with a nurturing and attentive touch. I am excited to pass my knowledge of massage therapy on to future students at MLA!



Mary Humphries

LMT/Instructor
Part-time
801-600-7717
instructor@massagelifeacademy.com

Instructs Muscle Anatomy, Palpation & Kinesiology II; Modality Appreciation; Safety of Special Populations; Composite Massage; Swedish; and Systems of the Human Body.

I originally started going to physical therapy school and decided to change careers. I received my master esthetic license in April of 2011 and loved the opportunity to help people with their skin and confidence. I then decided to teach Esthetics in 2015 and while I was teaching, I went to massage school and received my massage license in July of 2017. I went to the Skin Institute in St. George, Utah for both master esthetics and massage. I have loved every minute of both service modalities and the abilities I have to help people feel better in mind, body, and soul.



Nora Murtishaw

LMT/Instructor/Supervisor
Part-time
801-600-7717
instructor@massagelifeacademy.com

Instructs Deep Tissue I & II; Spa Tools; CPR, Sanitation & Universal Precautions; and Ethics & Business in Massage; Also supervises clinics.

A gymnastics injury broke my pubic bone and left me in traction. I couldn't bear weight, and the hospital called in a manual therapist. His work got me back on my feet. Years later I was experiencing a great deal of stress, and

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my doctor strongly encouraged some life changes. I enrolled in massage school that day. I attended college at Utah College of Massage Therapy for both their Professional Massage Therapist program and their Master Bodyworker program.



Shayla Reay

LMT/Academy Director
Full-time
801-600-7717
director@massagelifeacademy.com

Supervises clinics.

My journey into the world of massage therapy began with a simple fascination: the body's incredible ability to heal itself when given the right support. I have always believed that to be an effective educator, one must first be an active practitioner and a lifelong student. Over the years, I've worked across the full spectrum of our industry, from the high-pressure environment of treating professional athletes to the soulful experience of traveling with wellness studios. My professional path has been as much about entrepreneurship as it has been about anatomy. I have focused on expanding the educational landscape of our field by developing a cupping course that is currently pending national board certification. Whether I am partnering with local gyms and trainers, or overseeing the administrative policies and classroom standards here at the school, my goal is to ensure our students graduate with a sophisticated, expert-level understanding of what it takes to succeed. When I am not in the office or the classroom, you will almost certainly find me outdoors. I am a firm believer that nature is the ultimate teacher. I strive to bring that same grounded, natural energy into our school every day, fostering an environment that is as inviting and inspiring as it is professional.



Skyla Robinson

LMT/Administrator/Office Manager
Part-time
801-600-7717
skyla@massagelifeacademy.com

My journey into massage therapy began with a focus on finding a balance between my family responsibilities and career aspirations. Raising my children was my top priority, so I needed a profession that offered flexibility and reasonable pay. Massage therapy appealed to me because it provided an efficient, affordable path to a rewarding career while also aligning well with my needs and learning style. I graduated from Myotherapy College in 2007 and have certificates in Graston Technique and Level 1 certification in lymphatic drainage technique from the Chikly Institute.

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Vi Price

LMT/VP of Development/Instructor/Advisor
Part-time
801-600-7717
vi@massagelifeacademy.com

Instructs MBLEx Prep; Ethics & Business in Massage;
Also supervises clinics.

I first felt the calling of massage when I was just 14. I went on to graduate from the Living Arts Institute in North Carolina in 2019 after earning my associates degree from Mitchell Community College in Statesville, NC. Even while I was in school myself, I felt compelled to help tutor my fellow classmates, as learning and sharing knowledge has always been a strong passion of mine—second only to my passion for Massage Therapy and holistic health/healing. My massage background integrates a wide variety of techniques pooled together with a tai chi-like flow to provide my clients with healing for the body, mind, and soul. I helped found Massage Life Academy and served as the first Academy Director at the school. I currently sit on the board of advisors and serve as VP of Development for the academy. My academic knowledge, passion, and field experience help me create a learning environment that students thrive in.

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STUDENT SERVICES

Academic Advising

Student advisors are available to students to consult with in matters of academic progress, career direction/placement, MBLEx registration/state licensure, and other personal needs and goals. Set up an appointment with an academic advisor online at www.massagelifeacademy.com.

Instructor & Tutoring Support

Students can schedule time with instructors outside normal course hours for retakes, tutoring, and attendance makeup. Massage Life Academy provides free student tutoring and attendance makeup sessions on Fridays and Saturdays by appointment only. Students are encouraged to utilize these windows to ensure their milestones are met at no additional cost.

If a student is unable to attend the scheduled Friday/Saturday sessions, they must coordinate with the instructor for the classes missed to schedule private makeup outside of classroom hours. Private tutoring or attendance makeup scheduled outside of the free Friday/Saturday window are billed at a rate of $30/hour. Contact student services for more information.

Video Resources

Massage Life Academy has an educational YouTube channel: @massagelifeacademy. It's free to access and has different video resources available throughout the course.

Career Counseling

Our goal is to help every student find employment that meets their goals (license required). We network with local spas, clinics, resorts, medical practitioners, wellness retreats, and even cruise lines to help our students find the job of their dreams. A career advisor will contact you and set up an appointment. Spa One often hires students. All students are invited to apply.

Accessibility & Special Needs

Massage Life is committed to creating a learning environment that meets the needs of its diverse student body. If you anticipate or experience any barriers to learning, or have any physical, mental/emotional challenges or disabilities, *it is important that you disclose them along with your application*. Students will never be discriminated against on the basis of disability or special needs, and we will provide reasonable accommodation to help our students succeed. It is important to note for students to be fully aware of the physical, mental, and emotional capacity that completing this program takes, and so we will require any prospective students with special needs to meet with student services privately to discuss if this is the right program for them before admittance.

Non-Discrimination

Massage Life Academy welcomes students of all races, religions, nationalities, genders and gender identities, sexual orientations, and ethnic origins and does not discriminate on any basis. We actively protect the rights of students, faculty, and clientele and ensure that everyone's experience is 100% free of discrimination or harassment. If you feel discrimination or harassment has occurred, contact student services. Your grievance will be addressed by management immediately and confidentially.

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STANDARD OF ACADEMIC PROGRESS

Attendance & Tardy Policy

Because Massage Life Academy is a clock hour program, every minute counts toward your education. The industry standard for Licensed Massage Therapists (LMTs) requires punctuality to ensure clinical preparedness and respect for the client's healing time.

- **The Professional Grace Period**: A 5-minute window is provided at the start of each session for transition.
- **The Tardy Threshold (6–14 Minutes):** Arrival during this window is recorded as a tardy. To maintain the integrity of state-mandated clock hours, any time missed beyond the grace period must be reconciled through the school's makeup protocols.
- **The Clinical Absence (15+ Minutes):** To ensure every student receives the full breadth of their education, arrival after the 15-minute mark is recorded as an absence. We welcome and invite you to stay for the remainder of the lecture or lab to ensure you don't fall behind on the material; however, because the full session hours cannot be officially credited, a makeup session will be required to satisfy graduation requirements.

Attendance Standards

Professionalism in the massage industry begins with presence. Reliability is a core competency; therefore, the following limits are in place for the duration of the program:

- **Unexcused Absences:** Students are permitted a maximum of three (3) unexcused absences for the entire duration of the program.
- **Tardiness:** To respect the learning environment and clinical sanctuary, students are permitted a maximum of six (6) tardies per program.

A Cumulative attendance rate of 70% is required to graduate. (This is referring to original attendance of scheduled class time; however, 100% of missed required course hours must be made up. See Attendance Policy above for more details.)

Satisfactory Academic Policy (SAP)

Massage Life Academy maintains high standards to ensure every graduate enters the profession with the competence and reliability expected of a healthcare professional. To remain in good standing, students must meet both academic and attendance benchmarks.

Grading System

We use the following standard grading system:

Grade	Percent	GPA
A	94-100%	4.0
A-	90-93%	3.7
B+	87-89%	3.3
B	84-86%	3.0
B-	80-83%	2.7
C+	77-79%	2.3

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C	74-76%	2.0
C-	70-73%	1.7
F	Below 70%	0.0

Grading Policy

MLA has the following grading policy:

- Withdrawals are marked as 'W' for withdrawal. See our Withdrawals policy for more details on withdrawing voluntarily.
- Courses that are not completed within regularly scheduled course time (due to incomplete attendance or extenuating circumstances) are marked as 'I' for incomplete. See our Leave of Absence policy for more details on extended leave.
- All of the courses outlined in our curriculum are currently required for completion of the program. Therefore, credits from outside institutions are currently non-transferable. See our Transfer of Credit Policy for more details.
- 'F' is the grade given for a failed class. Any classes in which an F is received as the final letter grade must be paid for, retaken, and passed (grade C or above) by the student to academically qualify for graduation.
- Students who repeat a course (either after having received an F as a final letter grade, or for any other reason) may receive full credit for the course, and their score is averaged with the prior score of the course.

Quiz/Exam Retake Policy

You have resources available to maximize learning and meet satisfactory academic progress (SAP). Retakes are one of them. You may retake a quiz or exam as many times as you wish. Each time you retake, your score is averaged with all prior scores. All retakes must be scheduled outside of regular class time. Above all, we want you to learn!

Satisfactory Academic Progress

Students are expected to maintain a grade of C or higher, equivalent to a minimum 2.0 GPA, in all coursework. GPA is calculated by assigning grade points to each completed course grade and averaging those points across all graded coursework. Grades of A, B, C, and F are included in GPA calculations according to the grading scale listed in this catalog.

The following grade designations may affect GPA and Satisfactory Academic Progress as follows:

- **W — Withdrawal:** A W grade is not calculated into the student's GPA. However, withdrawal from a course or the program may affect attendance, pace of completion, maximum timeframe, graduation eligibility, and any applicable refund calculation.
- **I — Incomplete:** An I grade is temporary and is not calculated into the student's GPA while the student is actively completing the required work. Incomplete coursework must be resolved by the deadline established by the Director. If the incomplete work is not completed by the deadline, the grade may be converted to the earned grade, including an F if applicable.

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Maximum Timeframe for Program Completion

If a student cannot complete their courses in the standard amount of time due to a Leave of Absence, retaking courses, or other circumstances, they will need to complete the program in no more than 150% of the regular program length. The standard program length is 34 weeks. The maximum timeframe is 51 weeks. A student who does not meet all the requirements to graduate within the maximum timeframe will not be eligible for graduation and will have failed the program. In certain circumstances, however, a student may re-enter the program again as a new student, as described in our “Fresh Start” program.

Students must also make consistent progress toward completing the program within the required timeframe. By the halfway point of the program, each student must have successfully completed at least one-third (1/3) of the total required program clock hours and coursework. Students who do not meet this benchmark may be placed on a Student Success Plan, academic probation, or other appropriate intervention as determined by the Director.

The Student Success Plan (SSP)

The Student Success Plan acts as a student’s first official warning. It is a proactive partnership between the student and the Director. It is designed to identify obstacles early and provide a clear path forward for students to regain their momentum toward graduation and licensure.

An SSP is initiated if a student’s academic or attendance progress falls below the Academy’s professional standards (e.g., reaching attendance thresholds, falling below a 2.0 GPA, or classroom policy deviations).

The Collaborative Process: The Director and student meet privately to:

- Identify Barriers: Discuss any personal or logistical challenges impacting performance.
- Deploy Support: Coordinate Academy resources, such as free Friday/Saturday tutoring or individualized academic advocacy.
- Set Goals: Co-create specific action items to return the student to good standing.

Documentation & Accountability: Every SSP results in a formal written agreement that outlines:

- The specific area for improvement.
- The support provided by the Academy.
- The student’s commitment to professional growth.

Outcomes: The SSP is a "support-first" intervention. Successful completion of the plan ensures the student remains in good standing. Because the SSP is a collaborative agreement, failure to meet the plan’s commitments may lead to Professional Probation.

Probation & Administrative Dismissal

Probation: Probation is a formal status that occurs only if a student is unable to abide by the commitments outlined in the Student Success Plan they helped create. Probation serves as a serious signal that the student’s path to graduation is at risk, necessitating immediate and consistent alignment with Academy standards to avoid further consequences.

Administrative Dismissal: Dismissal is the most extreme measure and represents a significant loss of credit and tuition. At Massage Life Academy, our goal is to do everything in our power to prevent this outcome. However, to maintain the high degree of integrity our industry partners expect, we must ensure that every graduate we produce is ready to represent the profession with excellence.

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See the Appeals Process.

Appeals Process

Students always have the right to appeal disciplinary action. To ensure fairness and complete objectivity, our appeals board is made up of two administrators from our school and two third party representatives from another school or administrative body. To request a hearing, contact the Director.

Readmittance Policy/Fresh Start

If you withdraw or are dismissed, we are willing to give students the opportunity to start over depending on the situation—especially if there were extenuating circumstances involved. If this is the case, contact Admissions and ask for a "Fresh Start." If you're approved, we will issue you a full credit for any tuition you paid during your prior enrollment (subject to Maximum Time Frame Policy). This means you get a 100% credit on all tuition paid and a complete do over! This is our way of helping everyone achieve their goals—even when plans get derailed.

Repeated Coursework

If a student is required to repeat a course or portion of the program, both attempts will remain part of the student's academic record. The average between both grades will be used to calculate GPA; however, repeated coursework may affect the student's pace of completion, attendance requirements, maximum timeframe, and graduation date.

Transfer Grades/Credits

Massage Life Academy does not accept transfer credits from other institutions. Because transfer credits are not awarded, transfer grades are not calculated into GPA and do not affect Satisfactory Academic Progress at Massage Life Academy.

If a student's GPA falls below 2.0, or if the student is not making satisfactory progress toward completing required hours and coursework, the Director will initiate a Student Success Plan. This plan may include academic recommendations, tutoring resources, attendance review, make-up work, and a strategy to help the student return to satisfactory standing.

Supportive Intervention

If a student's academic or attendance progress falls below the Academy's professional standards (e.g., reaching attendance thresholds, falling below a 2.0 GPA, or classroom policy deviations), this is an indicator that a student may need additional institutional support. If a student nears or exceeds the given thresholds, a mandatory meeting with the Director will be scheduled to implement a Student Success Plan. Our goal is to identify these patterns early so we can advocate for your success before your graduation path is compromised. We are committed to your growth, and this partnership ensures that no student has to navigate their challenges alone.

Pink Slip Policy

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At Massage Life Academy, we believe that clear communication is the foundation of a professional relationship. To ensure our students always know where they stand in relation to their milestones and state-mandated requirements, we utilize Pink Slips for real-time documentation.

What is a Pink Slip? A Pink Slip is a professional record-keeping tool used to document any deviation from the Academy's standards, such as tardiness, absences, or classroom policy updates. Think of it as a "check-in" rather than a disciplinary action.

The Pink Slip serves two vital functions:

- **For the Student:** It provides immediate clarity. There is never a "guess" as to how many tardies or absences you have accrued. It allows you to see patterns early so you can adjust before they impact your success.
- **For the Academy:** It creates an objective paper trail. This ensures that the administration has the data needed to show up for you. If a pattern emerges, these slips act as the signal for the Director to reach out and offer a Student Success Plan.

How the Process Works:

1. **Observation:** If a policy deviation occurs, such as arriving six minutes after class begins, the instructor will fill out a Pink Slip.
2. **Notification:** The instructor will provide you with the slip as a respectful notification of the record. This is a moment to acknowledge the standard and move forward with your day of learning.
3. **Support Trigger:** After the first Pink Slip, or if a pattern is identified, the Director may schedule a private meeting to initiate a Student Success Plan.

Our Commitment to You

We take your education and your future license seriously. By documenting these moments, we ensure that every student is treated fairly and that no one falls through the cracks. We are here to support you in maintaining the high standards that will make you a sought-after professional in the massage industry.

Leave of Absence (LOA)

Illness, health problems, family crisis, or financial issues may impact your ability to continue as planned. We understand that unexpected problems arise. If this is the case, we can provide a LOA for the period set forth in the LOA. LOA's are approved on a case-by-case basis and may require written documents such as a doctor's note, etc. Students on an LOA are expected to return and finish within 150% of their current program. Students are also required to continue making tuition payments during their LOA because they are still actively enrolled in the program. Failure to return and finish as outlined in the LOA or to continue making payments as they are due will result in Dismissal. If you need to take a leave of absence (or extend an existing LOA), contact the Admissions Office as soon as possible. Timing is important, so don't wait!

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Withdrawal

For purposes of calculating any refund, the student's withdrawal date will be determined by the student's last date of attendance (LDA), as documented in the school's attendance records. Students are encouraged to provide written notice if they choose to withdraw; however, written notice is not required for the school to determine the withdrawal date. If a student stops attending without providing notice, the school may administratively withdraw the student, and any applicable refund will be calculated based on the student's last documented date of attendance.

Graduation Requirements

For students to receive a 644-hour certificate in massage therapy, and/or transcripts from the school, they must:

- Complete the entire classroom education portion of their enrolled program (544 hours).
- Complete the entire clinical internship portion of their enrolled program (100 hours).
- Pay all tuition and fees and complete a Promissory Note if applicable.
- Successfully pass all courses with a 2.0 GPA minimum.
- Satisfy 100% attendance requirements (or complete all makeups for class absences).
- Return all loaner equipment and books borrowed from the school.

Upon successful completion of all requirements, Massage Life Academy provides a graduation certificate (Diploma of Massage Therapy), and two sets of transcripts (one set is mailed directly to the state massage licensing agency for application of the graduate's massage license and one set is provided to the student). Additional certificates and transcripts are available through the school for approximately $20-$30 per copy.

Cancellation & Refund Policy

Massage Life Academy is committed to maintaining a refund policy that is clear, fair, and consistently applied. Registration fees, tuition, and books and supplies are treated separately, as explained below.

Registration Fee

The $150 registration fee reserves the applicant's seat while they consider the program and complete enrollment arrangements. The registration fee is fully refundable if the applicant cancels within fourteen (14) calendar days after payment. After fourteen calendar days, the registration fee is nonrefundable except when otherwise required by law.

Required Enrollment Cancellation Period

Under Utah law, a student may rescind the enrollment agreement during the required three-business-day cancellation period. This period does not end before midnight on the third business day after the latest of:

- The date the student signs the enrollment agreement;
- The date the student pays Massage Life Academy for educational services, other than an application fee;
- The date the student first attends the Academy; or
- The date the student first gains access to the Academy's educational services.

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If a student cancels during this period, tuition paid will be fully refunded. Books, uniforms, equipment, kits, and supplies must be returned in new and unused condition to receive a refund for those items. The registration fee is governed by the separate 14-calendar-day policy above, except when otherwise required by law.

Tuition Refunds Before 50% Completion

After the required cancellation period, tuition refunds are calculated according to the portion of the program completed as of the student's last date of attendance.

A student who voluntarily withdraws or is dismissed before completing 50% of the program may receive a refund of unearned tuition paid. Earned tuition is calculated as follows:

Program hours completed ÷ 644 total program hours × $10,500 tuition = earned tuition

Any tuition paid in excess of the earned tuition will be refunded. If the earned tuition exceeds the amount paid, the student remains responsible for the unpaid balance and any other properly assessed charges.

Tuition Refund Cutoff at 50%

Once a student has completed 322 hours—50% of the 644-hour program—the full tuition amount is considered earned, and no tuition refund will be issued. No tuition refund is available at or after the 50% completion point, regardless of whether the student withdraws voluntarily or is dismissed.

Books, Uniforms, Supplies, and Equipment

Before the student reaches 50% program completion, amounts paid for books, uniforms, supplies, kits, and equipment may be refunded if all items are returned in new, unused, undamaged, and resalable condition. Textbooks must also be current editions that have not become obsolete, superseded, or otherwise ineligible for reuse.

The Academy may deny a refund for any item that has been used, worn, written in, damaged, opened in a manner that prevents resale, or is otherwise unsuitable for use by another student.

Once the student has completed 322 program hours—50% of the program—books, uniforms, supplies, kits, and equipment are no longer refundable, even if they have not been used.

Determination of Withdrawal Date

For purposes of calculating program completion, earned tuition, and any refund, the withdrawal date is the student's last date of attendance, as documented in the Academy's attendance records.

Students are encouraged to submit cancellation or withdrawal requests in writing by email or letter. Written notice helps ensure accurate and timely processing, but it is not required for the Academy to determine a withdrawal date. If a student stops attending without providing notice, the Academy may administratively withdraw the student based on the student's last documented date of attendance.

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Refund Processing

If a refund is due:

- The refund will be issued to the person or organization that originally made the payment, unless otherwise required by law.
- The refund will be issued within thirty (30) calendar days after the Academy receives a valid refund request or determines that a refund is due following a withdrawal or dismissal.
- Any lawful deduction for used, damaged, unreturned, obsolete, or nonresalable materials will be itemized.

Example of Tuition Proration

If a student withdraws after completing 161 hours, or 25% of the program, the Academy has earned 25% of the $10,500 tuition, or $2,625. If the student paid the full tuition amount, the student would receive a tuition refund of $7,875, less any other lawful charges.

If a student withdraws after completing 322 hours, or 50% of the program, the full tuition amount is considered earned and no tuition, registration-fee, or books-and-supplies refund is due.

This policy is subject to any additional cancellation or refund rights required by applicable law.

Record-keeping Statement

For the purpose of maintaining adequate student files in accordance with the enclosed Utah ***Postsecondary Proprietary School Act and Rules, Section 109, pp. 16-17,*** *the following documents, including a grade transcript, must be placed in every student's file whether or not that student completes the training:*

- School records consist of the following permanent scholastic records for all students who are admitted, even though withdrawn or terminated:
    - Appropriate entrance and admission acceptance information;
    - Attendance and performance information, including grade transcripts which consist of no less than the program for which he enrolled, each course attempted, and the final grade earned
    - Graduation or termination dates of students; and
    - Enrollment agreements, tuition payments, refunds, and any other financial transactions

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Licensure Requirements

Before you can work in the state of Utah, you must become fully licensed. This requires you to:

- ☐ Pass the MBLEx exam.
- ☐ Provide a Verification of Education from an authorized school (with curriculum breakdown).
- ☐ Get your fingerprint cards taken at DOPL or local police station.
- ☐ DOPL requires the school to complete and sign the Division's official Verification of Education form. Transcripts alone are not accepted by DOPL as verification of education.

For more information, contact the Utah Division of Professional Licensing (DOPL) at 801-530-6628.

Massage Life Academy's 644-hour massage therapy program is designed to prepare students for the Massage & Bodywork Licensing Examination, commonly called the MBLEx, and for the education requirements involved in becoming a licensed massage therapist in Utah. Students study subjects that appear on the MBLEx, including anatomy, physiology, kinesiology, pathology, ethics, professional practice, and massage theory and techniques. The goal is not simply to help students pass an exam, but to prepare them to work safely and confidently as professionals.

We require students to complete the full program before taking the MBLEx. Taking the exam before completing the coursework may mean testing before you have received all of the academic and practical preparation included in the program.

After graduation, students are responsible for completing the MBLEx and the remaining Utah licensing requirements. Massage Life Academy provides guidance throughout that process, so students understand what comes next and what they need to complete.

Code of Ethics & Conduct

While enrolled, students are expected to maintain the same high standards expected of professional licensed massage therapists. Students are expected to:

- Maintain optimal health and well-being through adequate diet, sleep, exercise, recreation, and effective planning of time and energy.
- Uphold the highest standards of academic integrity by not cheating, stealing, or being dishonest; this includes doing your own homework and not copying classmate assignments.
- Be honest in their communications, maintain confidentiality of personal information shared at school, and respect personal property of others and the school.
- Work and communicate with everyone in a respectful, professional manner.
- Respect others and do no harm to the physical, mental, emotional, or spiritual well-being of themselves, classmates, clients, etc. Discrimination and harassment are grounds for immediate dismissal.
- Maintain high standards of personal hygiene and appropriate dress.
- Being under the influence of or possessing alcohol or illicit drugs is strictly prohibited and grounds for immediate dismissal.
- Dating and intimate relationships (between students and faculty members, other students, or professional affiliates, while the student is enrolled at Massage Life Academy) are strictly prohibited, and grounds for immediate dismissal.
- Massage therapists are ethically and professionally obligated to hold client information in confidence (i.e., limited to discussions only within the school-to-school members). Everything discussed and deemed personal in the classroom or clinic must not be shared with others but appropriate school personnel. Clinic clients should always be interviewed in private.

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- Proper draping techniques and individual modesty are to always be respected. Genital areas and breasts are to always be covered and never massaged. Proper draping protocol as taught and demonstrated at school is to be observed. Also, the entire buttocks including the gluteal cleft and fold are to always remain covered unless partially exposed and worked only with the classmate's verbal or client's verbal and written consent.

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WHAT ARE YOUR GOALS?

"Get an excellent education." "Do something I love."

"Earn top dollar." "Help people."

"Be the best I can be." "Become my own boss."

"Work with great people who inspire me and help me grow."

"Live a meaningful life."

Finding Your Ikigai

Before setting out on the path to becoming a massage therapist, we think it's a good idea to explore the concept of *Ikigai*. This will help you learn more about yourself—your motivations, values, and goals—and help you make the best decision for your future.

Ikigai (ee-key-guy) is a Japanese concept that combines the terms *iki*, meaning "alive" or "life," and *gai*, meaning "benefit" or "worth." When combined, the term means that which gives your life worth, meaning, or purpose.

Japanese psychologist Michiko Kumano teaches that *ikigai* is a state of wellbeing that arises from devotion to activities one enjoys, which also brings a powerful sense of fulfillment. *Ikigai* is not momentary pleasure (*hedonia* in ancient Greek), but rather *eudaimonia,* the ancient Greek term for a life well lived, which is considered the highest and most lasting form of happiness.

Ken Mogi, a neuroscientist and author of *Awakening Your Ikigai*, says that *ikigai* is an ancient and familiar concept for Japanese, which can be translated simply as "*a reason to get up in the morning*" or, more poetically, "*waking up to joy.*"

Ikigai also relates to the concept of *flow*, as described in the work of Hungarian–American psychologist Mihaly Csikszentmihalyi. For Csikszentmihalyi, *flow* occurs when you are in your "zone," as in the case of high-performing athletes.

Flow is a string of "best moments" or moments when we are at our best. These best moments *"*usually occur when a person's body or mind is stretched to its limit, in a voluntary effort to accomplish something difficult and worthwhile*" (Csikszentmihalyi, 1990).*

Flow can be said to occur when you are consistently doing something you love and that you are good at, with the possible added benefit of bringing value to others' lives. In such a case, *flow* might be seen as in tune with your *ikiga*i, or activities that give your life meaning and purpose.

We believe that everyone has an *ikigai* – It is only a matter of finding it. Finding it can be difficult and elusive at times, but it is well worth the effort!

Your *ikigai* can be found in the center "sweet spot" where all four spheres overlap:

- What you love
- What you are good at
- What the world needs
- What you can get paid for

To find your *ikigai,* take time to contemplate this diagram for yourself, based on your own experiences, self-knowledge, and understanding of the world. Some of the content might come easily to you. Other content might take more time and self-reflection. In any case, this exercise can be hugely rewarding.

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Self Evaluation

What do you love?

What activities and experiences bring you *the most* joy in life? What makes you feel happy and fulfilled? Allow yourself to think deeply about what motivates and fulfills you. Also consider what activities and experiences do you least enjoy?

_____
_____
_____
_____

What are you good at?

What are you particularly good at? What talents or abilities were you born with? What skills have you learned in school or life? Contemplate your abilities and inabilities. What activities will you likely excel in? What activities are a challenge for you?

_____
_____
_____
_____

What does the world need?

The "world" might include humanity as a whole, a small community you are aware of, or anything in between. What are their needs? How can you benefit and serve them? Is demand for this service or need growing or shrinking?

_____
_____
_____
_____

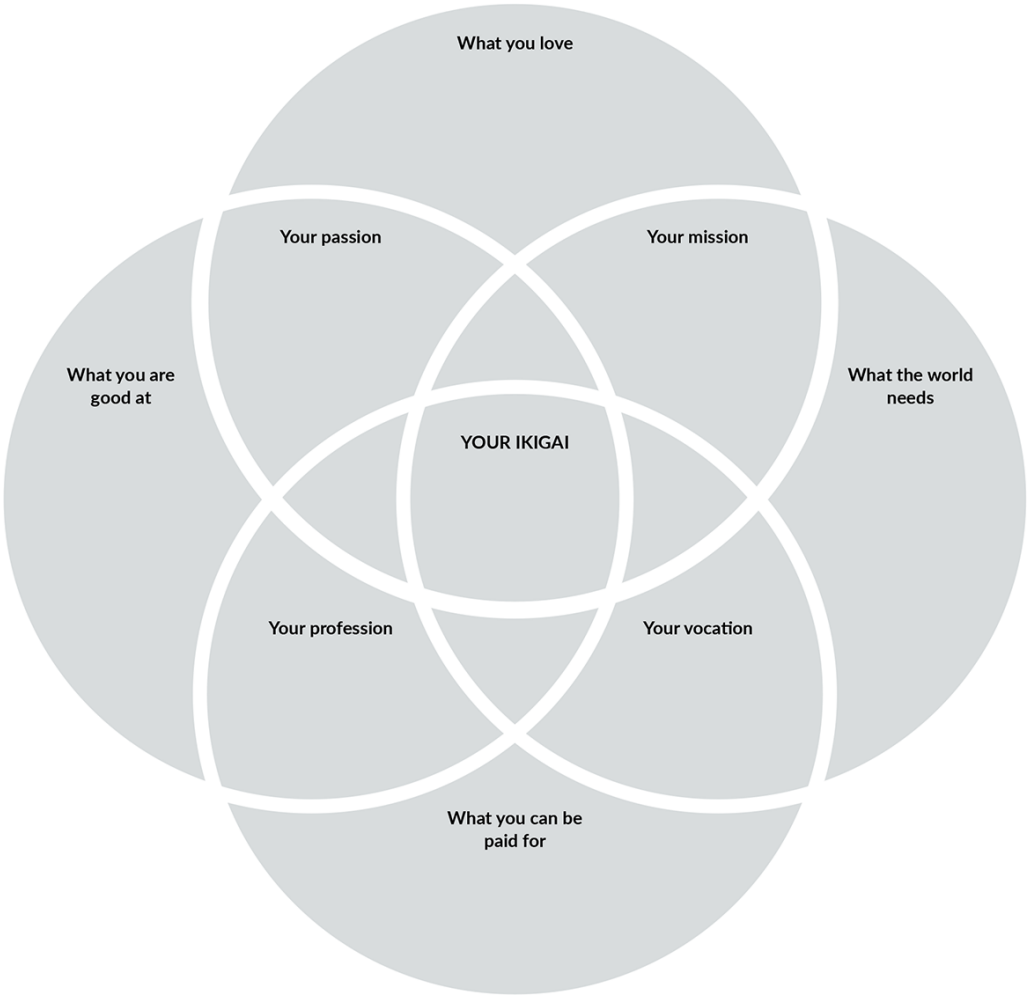
What can you be paid for?

Are people willing to pay for the services you will offer? How much can you earn? What will "the market bear?" What are your financial goals? How much do you need to live comfortably each Month? Will your income support your financial goals and needs?

_____
_____
_____
_____

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Ikigai: Your Reason for Being



Consider the following:

- At the intersection of what you love and what you are good at is your passion.
- At the intersection of what you love and what the world needs is your mission.
- At the intersection of what the world needs and what you can get paid for is your vocation.
- At the intersection of what you are good at and what you can get paid for is your profession.
- At the intersection of everything is your ikigai.

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Is Massage Therapy Right for You?

(Pros & Cons)

Massage therapy is a career for people that love to help others. It is a great route if you are interested in health and wellness. Massage can help with both physical as well as emotional aspects of people's lives as it can decrease pain, stress, and improve quality of life. At the same time, massage can be very challenging physically and mentally for therapists. You are on your feet and in close contact with clients for long periods of time. Therapists often say they "take on" the energy and emotions of their clients, which can be a burden. You must get along with customers and learn good customer service skills.

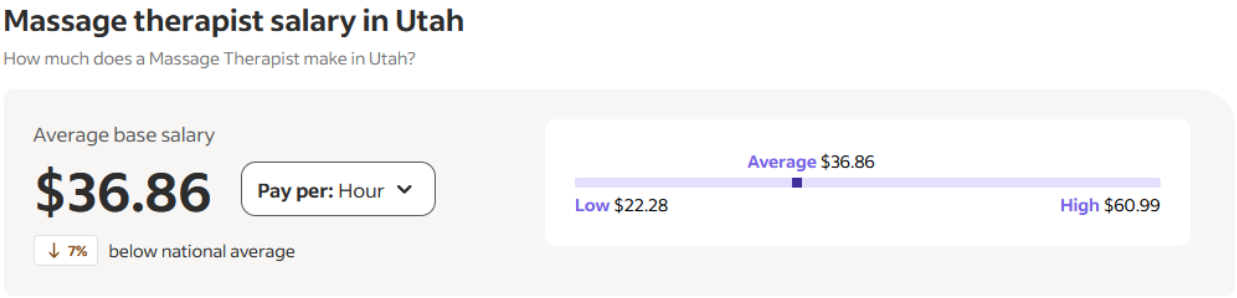
Sometimes you must deal with difficult customers. This can be very challenging for some.

Massage therapy as a profession often allows flexibility in when and where you work. There are many different settings to choose from, such as working from home, working in a spa, going to people's homes or even working on the beach! You can often choose the days and hours you work, and whether you work full-time or part-time, but this is not always the case. Sometimes a set schedule is required. Evenings and weekends are usually very busy times for massage therapists, and working holidays is often required.

Becoming a licensed massage therapist does not require an expensive four-year education. Most programs can be completed in less than a year and offer day or evening classes so students can continue with other jobs, families, or busy lives. Many students find it challenging to juggle everything. And while the cost of a massage school is much less than college in most cases, the cost of attending massage school is a big burden to most students and requires careful planning and budgeting.

The job outlook for massage therapists is very good and there is strong demand. According to the Bureau of Labor Statistics, demand for massage therapists is expected to grow 32% from 2020 to 2030, which is much faster than average (source: www.bls.gov/ooh/healthcare/massage-therapists.htm). Spas almost everywhere are short-handed and in need of therapists. This is driving up pay, but income varies significantly depending on where therapists live and work, and how many years of experience they have. Making sure your financial needs and goals are in line with your likely future earnings is imperative.

How Much do LMT's Make in Utah?



The average salary for a massage therapist is $36.86 per hour in Utah. 590 salaries taken from job postings on Indeed in the past 36 months (updated February 15, 2026).

Source: https://www.indeed.com/career/massage-therapist/salaries/UT

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Build a Career You Love

We are here to help you make the best education and career choices possible. Our hope is to help build the career you love and find your ikigai. In a very real sense, your goals become our goals. This leads to a life of meaning and purpose—not just for you—but for all of us!

We are here to help you:

- Make the best education and career choices possible
- Get a complete and well-rounded education in massage therapy
- Graduate and pass state exams (no student left behind)
- Get job offers before you graduate (contingent on licensure and overall performance)
- Career counselling and placement assistance (job placement not guaranteed)
- Have a feasible plan for paying educational costs without the burden of long-term debt
- Have the opportunity for continued education after you graduate
- Have fun and enjoy the path you choose
- Find your Ikigai

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APPENDIX

Forms & Worksheets:

Get all student forms and more online in the student services portal. Use your student number to gain access.

Available Documents:

- Student Application
- Enrollment Agreement
- Emergency Contact Form
- Media Release Form
- Pre-Injury Waiver and Bodywork Release
- Sexual Harassment Policy Agreement
- Mentor Matchup
- Uniform Sizing Worksheet

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