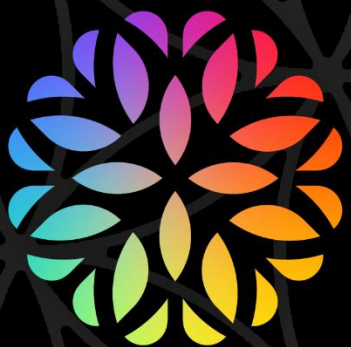




Massage Life Academy

Fall-Winter 2026-27 Catalog

MASSAGE LIFE ACADEMY



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August 28, 2026

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STATEMENT OF HISTORY & CURRENT OWNERSHIP

Massage Life Academy began in 2021 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

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Todd Weiler JD, Business & Legal Advisor

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Josh Lakin CPA, Accounting & Financial Advisor

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APPROVALS – LICENSURES – MEMBERSHIPS – ACCREDITATIONS

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



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
Honest
Assertive
Respectful

Kind
Humble
Reliable
Accountable

Brave
Positive
Abundant
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!

PROGRAM

Description & Objectives

Upon graduation, students will be fully educated and competent in the practice of Massage Therapy—capable of providing safe, effective, and compassionate care. Graduates will possess a diverse set of lifelong skills, advanced techniques, and a deep passion for this beautiful healing art. Emphasis is placed on self-care and career longevity for both students and staff, fostering a sustainable and rewarding professional journey.

Our comprehensive program includes a 34-week (644 clock hour) Massage Therapy Diploma Program. This program includes seated classes, hands-on classes, and clinical coursework performed in our partner spa, Spa One. Our program includes 100 hours of hands-on clinical experience in a professional spa setting at Spa One. In addition to technical training, we provide free tutoring, career counseling, job search support, and opportunities to apply with Spa One and other local employers.

Self-care and career longevity tactics are a big focus in our program and encouraged for students and staff alike. Upon successful completion of the program, students will receive a Diploma in Massage Therapy (see Graduation Requirements that follow). We have a passion for Massage Therapy and want to cultivate that same fire in our students!

Course List

- CPR/Sanitation and 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)
- Special Populations Safety in Massage (40 hours)
- Spa Tools and Technique (40 hours)
- Modality Appreciation (40 hours)
- Ethics and Business in Massage (40 hours)
- Composite Massage (24 hours)
- A&P/ Kinesiology Review (8 hours)
- MBLEx Prep (16 hours)
- Clinical Hours (100 hours)

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, and 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 and Kinesiology II

In this course, students will build off 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.

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.

Massage Theory & Technique Courses

Introduction to Hands-On: Massage Foundations

In Introduction to Hands-On: Massage Foundations, students can expect to learn the history of massage therapy and bodywork and get comfortable with body work 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 applicable they are 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.

Special Populations Safety in Massage

In this Theory course, students will build off 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 Technique

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.

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 all of their different modalities, and 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 at the endless possibilities that each massage session has to offer them and their client.

Other Courses

CPR and 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 a course in CPR and First Aid provided by the American Heart Association (which will be provided by a certified instructor of said association)

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

Clinic

Once approved by all your instructors and the director, students will put the sum of their knowledge and skills to provide professional, relaxing, and effective treatment for clients. Students will have the opportunity to work on different clients and gain a wide spectrum of experience. This will be a time where students have the full 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. Clinics include 10 hours of friends/family service hours, plus 90 hours of paid massage with actual clients at the school. All 100 clinic hours are supervised by instructors.

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.

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

The cost of our 644-hour, 34-week massage therapy program is \$12,000. Here's the breakdown of all costs and payment due dates:

<u>Description</u>	<u>Due Date</u>	<u>Amount</u>
Registration fee	When you enroll	\$150
Books, uniforms, 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, two uniforms, ABMP membership, Spa One Student Membership, flash cards, school merch, and sales tax. Not included: transportation to and from school or off-campus events, snacks, makeup classes, background check (\$30), MBLEx test (\$265), Utah licensure fees (\$100). State fees are subject to change

Registration Fee

A \$150 fee is due when you register. This holds your seat. This fee is refundable until you enroll.

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.

Pay-As-You-Go Financing

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.

Early Payment Discount

Receive a 10% discount on your total tuition if you pay your full tuition early, at least one week before classes begin. That's a savings of up to \$1,050!

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.

In-House Financing

Massage Life Academy may offer in-house financing to qualifying students who are unable to fund tuition through other available options. A \$1,000 down payment is required when the financing agreement is signed, and the remaining tuition balance may be financed over a 3- to 5-year term at a fixed interest rate of 6.39%. No monthly payments are required while the student is enrolled, and repayment begins approximately one month after graduation. In-house financing is intended to make massage school more accessible by reducing the upfront cost and providing manageable monthly payments after completion of the program. All financing is subject to school approval and will be documented in a signed and notarized promissory note outlining the amount financed, interest rate, payment schedule, total repayment amount, and all applicable terms and conditions.

Forms of Payment

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

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/> for approximately \$20-\$30. Once you graduate, you will need to pay FSMTB for your MBLEx test (\$265) and your State of Utah for licensure fees (\$100). If you need to retake the MBLEx test, you will need to pay the fee again for each test. State 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. Students should speak with an advisor about private payment plans, in-house financing, third-party financing, grants, scholarships, and other available options.

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.

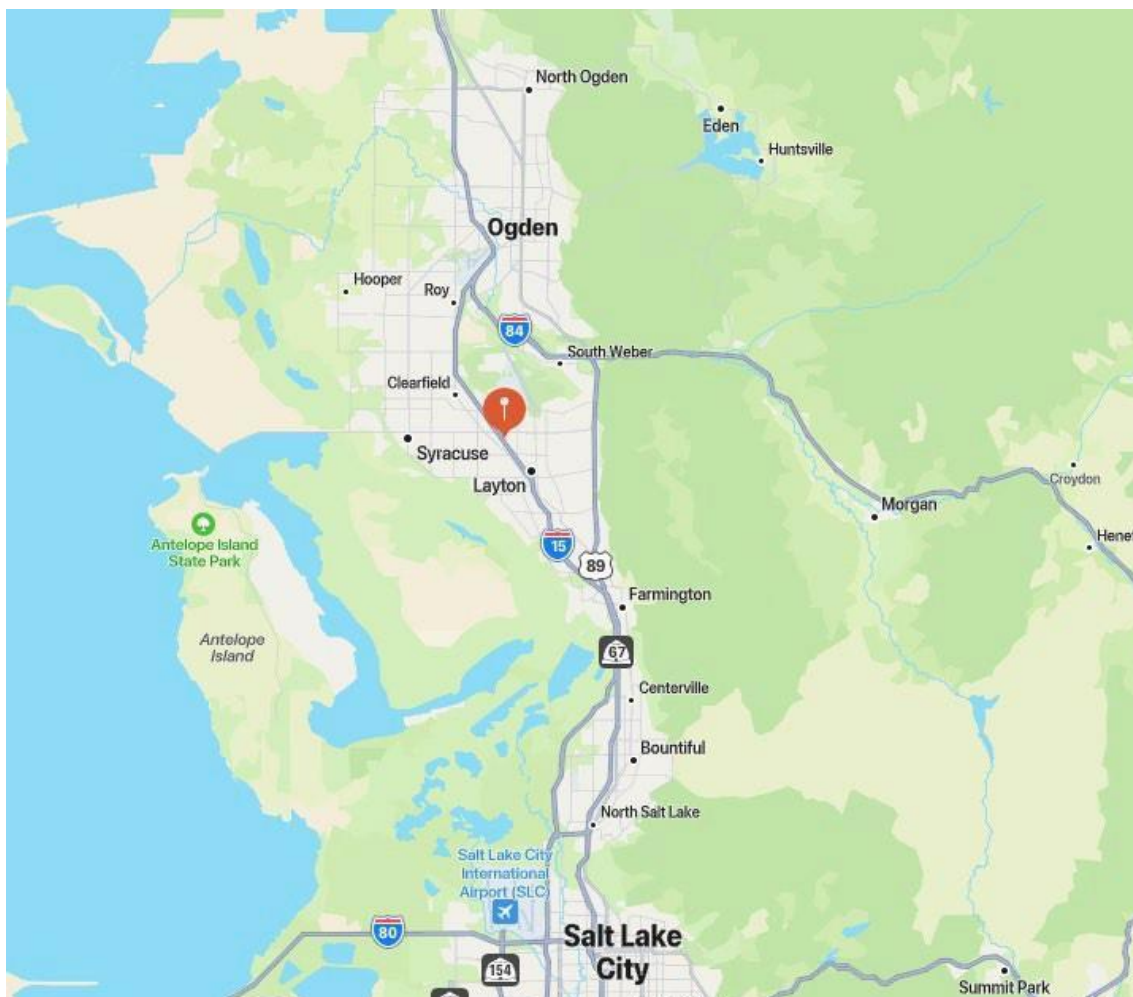
Applying for a grant or scholarship is simple. To get started, visit our website and select **FINANCIAL AID**. After completing a brief application to help determine your eligibility, we will match you with any available grant or scholarship opportunities. The process usually takes 5-10 minutes, and 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!

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.



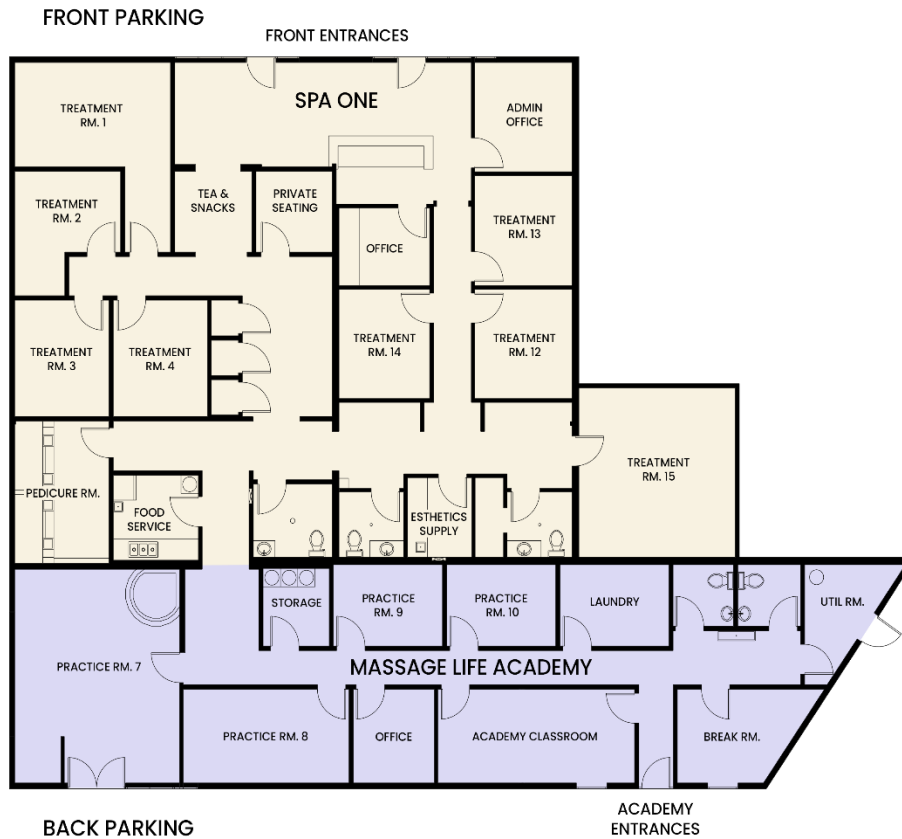
Distances From Nearby Cities

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

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

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.

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.

ACADEMIC CALENDAR

Class Times

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 January, June, and September and follow this schedule:

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

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

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.](tel: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 modules 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.

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

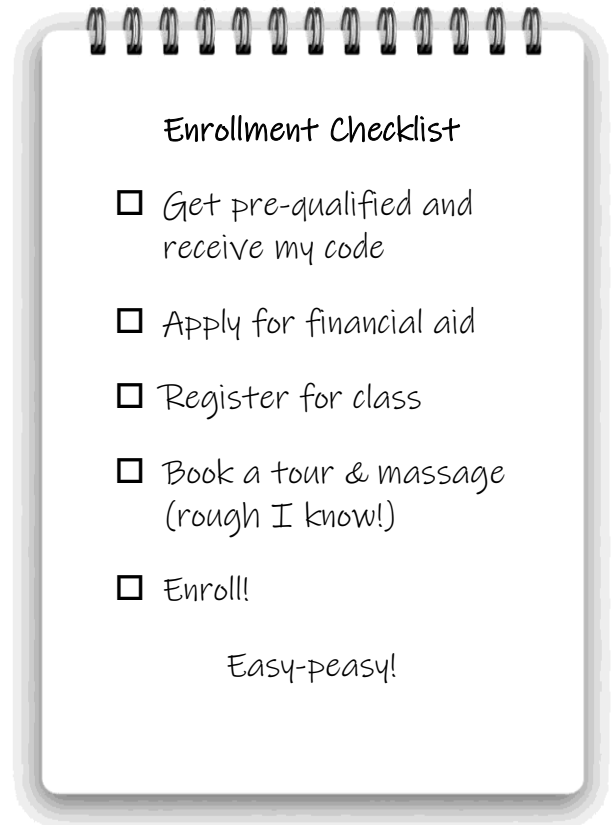
Many students are surprised to find they qualify for help! We have access to many private grants, scholarships and loans that simply aren't available at other schools. Applying only takes 5-10 minutes and allows us to go to work on your behalf. You have nothing to lose, and much to gain.

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 30 days before the class start date, so you can hold your spot and change your mind later.

Register for a class at
<https://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.

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

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 2021. 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 40 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

jasmine@massagelifeacademy.com

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.



Krista Holman

LMT/LME/Instructor

Part-time

801-600-7717

krista@massagelifeacademy.com

I became interested in massage after my family was in a car accident and we received massage therapy for recovery. This made me want to help other people with their pain relief and management. I graduated from UCMT. I am passionate about Deep Tissue, Injury Rehab, & Trigger Point Therapy for massage.



Lisa Roe

LMT/Instructor

Part-time

801-600-7717

lisa@massagelifeacademy.com

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 Idaho 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

mary@massagelifeacademy.com

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 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

nora@massagelifeacademy.com

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 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

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.





Vi Price

LMT/VP of Development/Instructor/Advisor

Part-time

801-600-7717

vi@massagelifeacademy.com

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. 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.

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.

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.

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.

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, D, and F are included in GPA calculations according to the grading scale listed in this catalog.

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 of Education.

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 of Education. If the incomplete work is not completed by the deadline, the grade may be converted to the earned grade, including an F if applicable.

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 most recent grade 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 of Education 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.

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 three (3) tardies per module block.

Supportive Intervention

Exceeding these limits is an indicator that a student may need additional institutional support. If a student nears or exceeds these thresholds, a mandatory meeting with the Director of Education 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

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 of Education 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.

The Student Success Plan (SSP)

The Student Success Plan is a proactive partnership between the student and the Director of Education. 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.

See the Appeals Process.

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
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 the school will accept the highest final letter grade that the student achieved of any repeated courses taken.

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!

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 of Education.

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!

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 fairness, transparency, and ethical business practices. Students are responsible only for the portion of tuition corresponding to instruction already received. If a student withdraws from the program voluntarily or is dismissed for any reason, the student may receive a refund for the unused portion of tuition paid, as described in this policy.

Students are encouraged to submit cancellation or withdrawal requests in writing by email or letter.

Right to Cancel (Three-Business-Day Cancellation Period): A student has the right to cancel the enrollment agreement within three (3) business days after signing the agreement. If cancellation occurs within this period:

- The student is entitled to a full refund of all monies paid, including registration fees.
- Any books, equipment, or supplies issued must be returned in unused condition or the money will not be refunded.
- This right to cancel applies regardless of whether instruction has begun.

Cancellation After the Three-Day Period but Before the First Week of Instruction: After the three-business-day cancellation period but before completion of the first week of instruction, a student may cancel enrollment and receive:

- A full refund of tuition paid, excluding the \$150 registration fee.
- Any textbooks, kits, or supplies that were issued must be returned in good condition. If materials are not returned or have been used, the replacement cost may be deducted from the refund.

Withdrawal After Instruction Has Begun: If a student withdraws voluntarily or is dismissed from the program after the first week of instruction, the student may receive a refund for the unused portion of tuition paid. Refunds will be calculated using a prorated method based on hours of instruction completed (see example below).

Students are responsible only for tuition corresponding to actual instruction received. Any prepaid tuition exceeding the earned amount will be refunded.

Completion Threshold: If a student has completed eighty percent (80%) or more of the total program hours, the tuition will be considered fully earned and no refund will be issued. This provision prevents abuse of the refund policy while maintaining fairness for students who withdraw earlier in the program.

Determination of Withdrawal Date: For purposes of calculating any refund, the student's withdrawal date will be based on 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.

Refund Processing: If a refund is due:

- Refunds will be issued to the party who originally paid the tuition, unless otherwise required by law.
- Refunds will be processed within thirty (30) business days of the student's official withdrawal or dismissal date.

Example of Refund Calculation: If the total program tuition is \$10,500 for a 644-hour program, each hour of instruction equals approximately \$16.30 of tuition.

Example 1: If a student withdraws after completing 322 hours of instruction (50% of the program), the school has earned \$5,250 of tuition. If the student paid the full \$10,500, the student would receive a refund of \$5,250, less any non-refundable fees or costs.

Example 2: If a student paid \$1,000 toward tuition and withdrew after completing just 100 hours, the school would have earned \$1,630.43, and the student would owe \$630.43, plus any non-refundable fees or costs.

Institutional Commitment: Massage Life Academy believes students should pay only for the education they actually receive. This refund policy reflects the school's commitment to ethical treatment of students, financial transparency, and responsible educational practices.

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:*

1. School records consist of the following permanent scholastic records for all students who are admitted, even though withdrawn or terminated:
 - a. Appropriate entrance and admission acceptance information;
 - b. 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
 - c. Graduation or termination dates of students; and
 - d. Enrollment agreements, tuition payments, refunds, and any other financial transactions

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 below). 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.

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 above.

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.)

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.

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.
- 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.



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 *ikigai*, 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.

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?

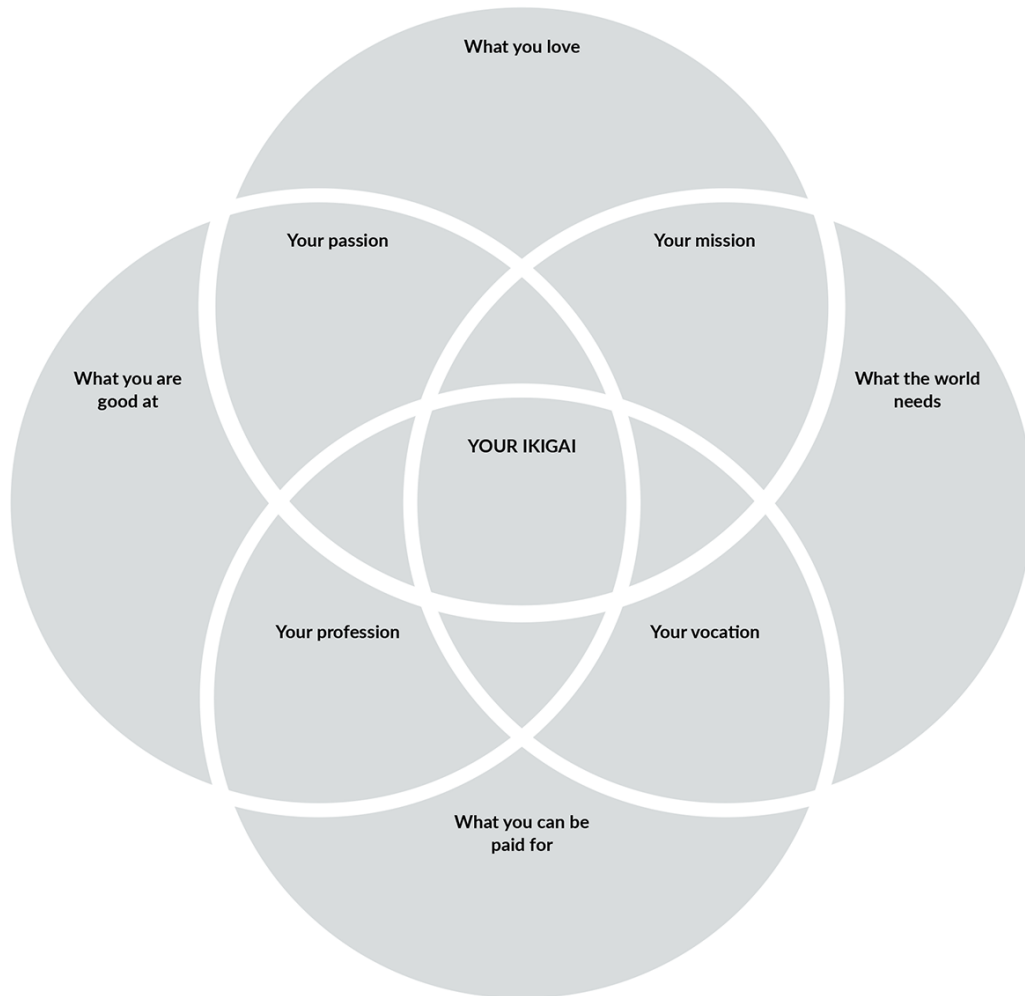
What does the world need?

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?

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***.

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.

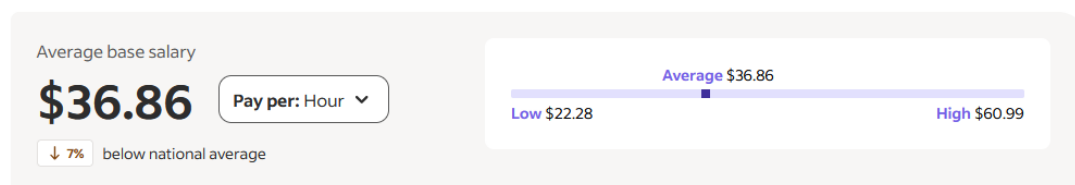
Becoming a licensed massage therapist does not require an expensive four-year education. Most programs can be completed in less than a year and offer day or evening classes so students can continue with other jobs, families, or busy lives. Many students find it challenging to juggle everything. And while 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?

Massage therapist salary in Utah

How much does a Massage Therapist 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>

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

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