

PROFESSIONAL OUTLOOK FOR REFLEXOLOGY AND MASSAGE THERAPY

Nashville Academy of Reflexology in Nashville, Tennessee

Health care services are the highest projected growth industries through 2018, with an estimated 37,370 jobs to be added through 2018. The general populace is becoming increasingly aware of alternative health opportunities and people are seeking out natural therapies. Reflexology can serve as an entry point for people beginning to balance their health and as a maintenance plan for continuing wellness. Reflexology will play an important role in a holistic program and will interface well with other health modalities. Graduates can take this profession into nursing, care-giving, hospice-care, spas, wellness centers, clinics, doctor's offices, health clubs, or into private practice.

Reflexologists align most closely to Massage Therapists. Massage Therapists treat clients by using touch to manipulate the soft-tissue muscles of the body. With their touch, therapists relieve pain, rehabilitate injuries, reduce stress, increase relaxation, and aid in the general wellness of clients. Reflexologists use specialized finger and thumb techniques to address the whole body through reflexes on the feet and hands. With their touch, they aid in pain relief, help the body come into homeostasis, improve nerve supply, and relieve stress.

These health and wellness careers are projected to have a faster than average growth in the next few years. Massage therapists have been projected to grow as much as 20% between 2010 and 2020. There is a growing demand for massage services to help improve health and wellness and Certified Reflexologists will have good prospects to enter into this field of alternative healthcare.

Salaries for reflexologists correspond closely to massage therapist salaries. According to The Bureau of Labor Statistics, today's massage therapist:

- Charges an average of \$60 for one hour of massage, with a reasonable billing range between \$25 and \$100 per hour for massage therapy services
- Earns an average wage of \$42 an hour (including tips) for all massage related work
- Earns an average annual income of \$29,250 (including tips) providing 15 hours of massage per week
- Earns between \$37,502 and \$59,788 with the top 10 percent earning \$66,323 or higher for full-time massage work

The 2012 Tennessee Occupational Wages from the Department of Labor does not list reflexologists separately, but they are considered comparable to massage therapists who earn a starting salary of \$20,670 and a median wage of \$33,340. <http://www.tn.gov/labor-wfd/wages/2012/PAGE0018.HTM>

American Reflexology Certification Board (ARCB) has published a composite profile of an average reflexologists' career. Based on their 2007 National Job Analysis Survey results, a typical reflexologist works part time, sees 10 or fewer clients per week, charges \$60 per session, earns \$21,000 per year, and is "very" to "extremely" satisfied with his/her involvement in the field of Reflexology. (www.arcb.net/cms/?page_id+316)

Tennessee Occupational Wages lists the salaries for Massage Therapists as follows:

Occupation	Occ. code	Est. empl.	Mean wage	Entry wage	Exp. wage	25th pct	Median wage	75th pct
Massage Therapists	31-9011	N/A	36,070	20,670	43,770	24,985	33,340	43,810
	hourly		17.35	9.95	21.05	12.00	16.05	21.05