

# Massage Therapist Personality Traits

Massage therapy can offer a world of fulfillment to any candidate with the right credentials, the right timing and the right personality.

You'll need certain social and emotional qualities to establish a comfortable, personal environment for clients while maintaining the utmost professionalism. Fundamental business savvy also plays a part in keeping your business organized and running smoothly. Discerning whether this field truly matches your personality can involve time and introspection.

## Does Your Parachute Include Massage Oils?

Gaining insight to your personality and personal needs will help you find a career that suits not only your desired salary and location, but also one that is invigorating and meaningful for you.

With that in mind, here are key personality traits that will help you succeed as a massage therapist:



- **Empathy**—Vital to helping clients heal, massage therapists must show genuine empathy for other people. Therapists who rely on their intuitive awareness, consider a client's vulnerabilities and show compassion are most likely to establish the trust necessary to develop long-term client relationships. Individuals whose personalities tend toward the more practical rather than emotionally sensitive side may find it difficult to react appropriately to clients' feelings or make them feel comfortable.
- **Good Communication Skills**—Exceptional communication represents another trait critical to building trust and gaining loyal clients. Massage therapists must listen to their clients' needs with undivided attention and provide treatment that responds to those needs. They should feel comfortable working in contemplative silences and know when to speak and when to stay quiet in the course of a client's session. Inclinations toward chattiness or skeptical points of view do not serve well in this occupation.

- **Strong Systemizing Skills**—Systemizing skills help massage therapists keep their independent businesses organized and operational. Therapists need to manage accounts, maintain client records, market their practice, schedule appointments and order equipment and supplies. Staying on top of the administrative side of a business involves dedication, conscientiousness and solid time management skills; without these traits, personal and financial frustrations could mount for the business owner.
- **Good Physical Stamina**—Physical stamina can play a crucial role in the massage profession. Massage therapists stand for extended periods of time and must learn how to provide treatment using the whole of their upper body strength, not just wrists and hands.
- **Good Personal Hygiene**—Personal hygiene is also very important in the massage profession, because of the intimate environment. Massage therapists are in close proximity to the relaxing patient as they perform the massage. Further, a clean, professional appearance makes a significant impression. Clients must trust in the sterility of the massage setting and in the hygienic practices of the therapist.

Understanding and acknowledging your personality traits can make a dramatic difference in the path your career takes and the fulfillment you find in it. If you possess many of the traits described above, massage therapy might be an ideal career choice for you. With the explosion in the massage therapy job market and its expanding trends, candidates who can match their personality and career goals to the job description can anticipate excellent opportunities worldwide.