Seeking massage therapist [1]

Dear Alice,

I know you probably can't recommend practitioners on the website, but I was wondering if you know of any good masseuses. The only places my friends have recommended are way downtown, and I really don't have a lot of time to get down there (but my shoulders and neck could really use some work).

I'll understand if you aren't allowed to give me such recommendations. I just thought you guys might have a good idea.

Answer

Dear Reader,

It's great that you’re looking into massage therapists, because as you may already know, there are many health benefits [2] of massage! There are also many different types of massage and massage therapists. And, even with the knowledge of what aches and discomfort you’re experiencing, making a recommendation still may not get you what you need. As such, finding what works best for you may involve a little more homework on your end. But no need to worry! There are a number of resources that can help you find someone on your own. A good place to start is the American Massage Therapy Association [3] (AMTA), where you can:

- Learn what to look for in a qualified massage therapist.
- Learn what to expect at a massage therapy session.
- Find the credentials of massage therapy professionals.
- Learn the differences between certification, licensing, and accreditation.

The AMTA also allows you to search through their membership to find a qualified massage therapist [4] in specific areas across the United States. Each listing has contact info, schedules, education level and credentials attained, experience in the field, and the types of massage offered, such as Swedish, Shiatsu, acupressure, deep tissue, sports, and cranio-sacral. Once you've picked someone out, you could call or e-mail a particular massage therapist for more details or to answer any questions. If the question of cost for service comes up, it might also be a good idea to check with your health insurance provider to see if there are massage therapists in
your area that accept your health insurance.

Reader, since you mention that your shoulders and neck need some work, it might also help to check out some of the other related Q&As from the Go Ask Alice! archives for additional information and avenues for finding relief.

Good luck on your search!

Alice!

Category:
- General Health [5]
- Holistic & Integrative Health [6]

Related questions

Stress is a pain in the neck — literally! [7]
Taming a tense back [8]
Eyeballs massage [9]

Resources

Stressbusters (Morningside) [10]
Published date:
Dec 24, 1999
Last reviewed on:
Jul 29, 2016

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