



मसाज थेरेपिस्ट

A Massage Therapist is a trained and certified professional who works muscles and the body's soft tissues, by hand or with tools, to relieve pain, stress and fatigue and improve wellbeing. It is an accessible career you can enter...



Scan for everything on this career

Salary, exams, colleges, the routes in and the steps after — all on the portal.

career.gsssjethantri.in/#/career/massage-therapist

राजकीय उच्च माध्यमिक विद्यालय, जेठन्तरी

Govt. Sr. Sec. School, Jethantri · ब्लॉक समदड़ी · बालोतरा (Block Samdari · Balotra)

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Principal, GSSS Jethantri · Master Trainer



श्री चेनाराम चौधरी

प्रधानाचार्य, डाइट बाड़मेर
Principal, DIET Barmer



श्रीमती संघमित्रा

वरिष्ठ व्याख्याता, डाइट बाड़मेर (सहयोग)
Sr. Lecturer, DIET Barmer (Support)



भरत चौधरी

अभिकल्पना व विकास · व्याख्याता (इतिहास)
Designed & developed · Lecturer (History)

विशेष धन्यवाद · SPECIAL THANKS



सुरेन्द्र सिंह राठौड़

व्याख्याता (इतिहास) · रा.उ.मा.वि. कानाना



सुरेश कुमार सैन

व्याख्याता (भूगोल) · रा.उ.मा.वि. रामसीन मूंगड़ा



वनिता कुमारी

व्याख्याता (इतिहास) · रा.उ.मा.वि. रामसीन मूंगड़ा



कमलेश चौधरी

व्याख्याता (राजनीति विज्ञान) · रा.उ.मा.वि. टापरा

करियर मार्गदर्शन कार्यशाला, डाइट बाड़मेर (14-17 जुलाई 2026) में विकसित व लोकार्पित
Developed & unveiled at the Career Guidance Workshop, DIET Barmer (14-17 July 2026)

यह एक स्वतंत्र परियोजना है, जो सरकार की आधिकारिक करियर-मार्गदर्शन सामग्री पर आधारित है। · An independent project based on the Government's official career-guidance content.

1 About this career

A Massage Therapist is a trained and certified professional who works muscles and the body's soft tissues, by hand or with tools, to relieve pain, stress and fatigue and improve wellbeing. It is an accessible career you can enter with a diploma or certificate. In 2026, demand is rising with the wellness and tourism industry.

2 At a glance

Minimum qualification	10+2 + diploma/certificate
Income	₹15k-3L per month
Work mode	Spa, wellness, sports; hands-on
Demand	Growing (2026)

3 What you need

INTERESTS

- Interest in healing and serving people
- Understanding how the human body works
- Good communication and a service attitude

ABILITIES

- Skilled hands and physical stamina
- Attention to detail
- Empathy and good behaviour

KEY SKILLS

- Knowledge of anatomy and muscles
- Various massage techniques (Swedish, deep tissue, abhyanga)
- Understanding of Ayurveda and panchakarma
- Hygiene and safety practices
- Client communication and care
- Time and business management

4 How to get there

- 1 Complete Class 12 in any stream (Science helps)
- 2 Do a diploma or certificate in massage therapy/spa management (6 months–2 years)
- 3 Or take an Ayurveda massage/panchakarma therapy course
- 4 Gain experience as a trainee in a spa or wellness centre
- 5 Get certified; optional: a degree in beauty and spa

MAIN EXAMS

- No compulsory entrance exam; admission at institute level
- Institute admission process for degree courses

5 Where to study

GOVERNMENT INSTITUTES

- National Institute of Ayurveda — Jaipur, Rajasthan (<https://www.nia.nic.in>)
- Dr. S.R. Rajasthan Ayurved University — Jodhpur, Rajasthan
- Shri Shankaracharya Sanskrit University — Kerala

PRIVATE INSTITUTES

- VLCC Institute of Beauty & Nutrition — Jaipur and others (<https://www.vlccinstitute.com>)
- Orane International — Rajasthan and others (<https://oraneinternational.com>)
- ISAS International Beauty School — Pune

ONLINE

- Skill India (Beauty & Wellness SSC) — Online (<https://www.skillindiadigital.gov.in>)
- Udemy (मसाज कोर्स) — Online (<https://www.udemy.com/courses/search/?q=massage>)

FEES

Diploma/certificate courses cost about ₹7,000–1,00,000 per year. Many Skill India courses are free or very cheap.

SCHOLARSHIPS

- National Scholarship Portal (<https://scholarships.gov.in>)
- Buddy4Study (<https://www.buddy4study.com>)

- SJE Rajasthan Scholarships (<https://sje.rajasthan.gov.in>)
- PMKVY (Skill India)

6 What the work is like

WHERE YOU WORK

Health centres, wellness clinics, massage studios, spas, hotels and resorts; or home visits to clients; self-employment.

WORK CULTURE

Employed or self-employed; about 40 hours a week; mostly standing, physical work. Opportunities exist for persons with disabilities too.

WHO HIRES

- Spas of hotels like Taj and Oberoi
- Rajasthan heritage hotels and Ayurveda resorts
- Wellness chains like VLCC, O2 Spa
- Gyms and fitness centres
- Sports teams and physiotherapy clinics
- Own spa/massage centre

DEMAND (2026)

With growing wellness tourism and health awareness, demand for skilled massage therapists in Rajasthan's heritage hotels, resorts and cities is rising in 2026.

7 Career growth

- 1 Trainee
- 2 Massage Therapist
- 3 Senior/Lead Therapist
- 4 Spa Manager or own centre

EARNINGS

Starting	₹15,000
Mid level	₹40,000
Senior level	₹1,00,000+

Approximate monthly income; varies with skill, location and tips. Higher possible in self-employment.

8 The good parts · The challenges

The good parts

- Easy entry and low fees
- Fast-growing wellness industry
- Self-employment and flexible hours possible

The challenges

- Physically tiring work
- Irregular hours and weekend work
- Low starting pay

9 Real-life journeys

Navnita Gautam

Sports Massage Therapist, Royal Challengers Bengaluru (RCB)

Navnita Gautam became the first woman to join an IPL team's support staff when RCB appointed her as sports massage therapist in 2019. She studied athletic and exercise therapy in Canada and has worked with international cricket and basketball teams, showing this field is open to women too.

ESPNcricinfo · <https://www.espnricinfo.com/story/navnita-gautam-joins-rcb-rare-woman-support-staffer-in-ipl-1204058>

Ramesh Mane

Massage Therapist (former Team India)

Ramesh Mane served as the Indian cricket team's massage therapist for nearly a decade and was hugely popular among players. From a modest background, his skill took him to the international stage, and he later worked with teams like RCB.

CricketCountry · <https://www.cricketcountry.com/news/indias-favourite-masseur-ramesh-mane-left-out-of-team-for-1st-time-in-10-years-317074/>

10 If this route does not work out

One exam or one attempt does not close the door. The same subjects also open these routes — entry is usually easier, and you can return to this field later.

- Occupational Therapist
- Marriage & Family Counselor
- Rehabilitation Counselor

11 Sources & further reading

1. Rajasthan Career Guidance Portal — <https://cg.rajasthan.gov.in/careerguidance/hi/career/%e0%a4%ae%e0%a4%b8%e0%a4%be%e0%a4%9c%e0%a4%bc-%e0%a4%a5%e0%a5%87%e0%a4%b0%e0%a5%87%e0%a4%aa%e0%a4%bf%e0%a4%b8%e0%a5%8d%e0%a4%9f/>
2. Beauty & Wellness Sector Skill Council — <https://www.bwssc.in>
3. National Institute of Ayurveda, Jaipur — <https://www.nia.nic.in>
4. Salary reference (PayScale) — https://www.payscale.com/research/IN/Job=Massage_Therapist/Hourly_Rate



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