



Massage Certification Program

Massage Therapist owned and operated for 40 years, the Idaho School of Massage Therapy (ISMT) offers a non-accredited entry-level Massage program registered with the State Board of Education. We recognize a need and growing market for knowledgeable, skillful graduates who also possess the “trifecta” of attributes for success in massage therapy: professionalism, a business plan and

communication skills. We offer separate day and evening class schedules in a Massage Program that exceeds Massage Therapy educational requirements for Idaho Professional Licensing and features modalities from both western and eastern disciplines. (See www.ibol.idaho.gov for details.) Be advised that Massage Licensing requirements vary by state and we cannot guarantee transfer of credit from or to any other schools.

Located at the heart of Treasure Valley, in Meridian close to the Eagle Rd. exit, ISMT’s comprehensive curriculum continues to strike an ideal balance of clinical and wellness applications from relaxation to rehabilitation. Our in-person classes are taught by experienced, qualified faculty who focus on the skills and competencies necessary for the safe and effective delivery of therapeutic massage and bodywork. The Western coursework builds upon the fundamentals of Swedish techniques, Connective Tissue /Deep-Tissue and Sports massage with a solid base of human body sciences, while the Eastern coursework (Asian and Reflexology) holistically provide the energetic aspect. The allied modalities of Craniosacral, Lymphatic, Visceral and Geriatric massage are effective, gentle, complementary therapies for both wellness and treatment models.

Fulfill the program in this order to minimize completion time:

DATE	COURSES	HOURS	TOTAL
Trimester A September 8-December 16, 2025 <i>Open House: 8/21/25 4 pm</i> Registration & Orientation: August 21, 2025 5-7 pm	Anatomy (50), Physiology (50) Swedish (38), Bodywork 101(36) Hydrotherapy (15) Record keeping (SOAP) (5) First Aid/CPR (8) Supervised Student Clinic (35)	100 74 15 5 8 35	237 Hrs
Trimester B January 5-April 7, 2026 <i>Open House: 12/16/25 4 pm</i> Registration & Orientation: December 16, 2025 5-7 pm	Kinesiology (38), Pathology (40) Bodywork 102 (55) Business I/Ethics (28), Research Literacy* (9) SOAP (5), Movement (10) Supervised Student Clinic (35)	78 83 9 15 35	220 Hrs
Trimester C April 21-June 28, 2026 <i>Open House: 4/08/26 4 pm</i> Registration & Orientation: April 08, 2026 5-7 pm * Includes Case Study	Reflexology* (15), Asian bodywork (33) Geriatric massage (12), Craniosacral (12) Sports (15), Lymphatic facilitation (12) Visceral massage (12), Business II (27) Movement (10), SOAP (5) Supervised Student Clinic (40)	48 24 27 39 15 40	193 Hrs
Massage Therapy Program	<i>Approximately 10 months to complete this schedule.</i> <i>Registration Fees, Supplies and Books additional</i>	Tuition \$9,720	650 Hours
+ Elective: Connective Tissue Bodywork 55 hours July 7 – August 28, 2026; \$990			

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2025-26 Tuition, Cancellation and Attendance Policy

Tuition Payments and Refunds:

ISMT does not accept any Federal student aid monies. We accept tuition payments on a pay-as-you-go or class-by-class basis. Alternatively, State funds may be available through Job Service or Vocational Rehabilitation; check on your eligibility.

Tuition fees are not paid up front or in advance of classes therefore refunds do not apply.

Tuition does not include Registration Fees, Books, or Supplies. Student obtains these on their own from a provider of their choosing (see Book List.)

Class tuition payments on a “pay as you go” or class-by class basis, as follows:

- **½ and ½:** 50% of *tuition is due at the ½ and end point* of each Trimester or class.
- See Day or Evening Class Schedule, “Class Payments” for details.

A student that follows the schedule of classes and payments will complete the program with no outstanding debt to the school in approximately 10 months, with a Trimester A start point.

Cancellation, Withdrawal, or Dropped classes:

A student may “drop” or “withdraw” from a class in writing ***before the ½ point of class transpires; thus voiding the class, and incurring no tuition.*** Withdrawal from a class beyond this point (50% or greater) will incur tuition fees though zero credit hours accrue and is effective on the date and time of receipt of written or emailed official notification, not the date of last class attendance.

- Withdrawals/drops at 0%-49 % of a class: No tuition is owed.
- Withdrawals/drops at 50% - 59% of a class: Tuition is owed for class transpiring up to date of receipt of written drop notice, calculated at \$18.00/class-hour.
- Withdrawals/drops at 60% - 89% of a class: Tuition is owed, at \$20/class-hour.

Consider this official notice that certifications and transcripts can and will be held back if tuition and/or fees are owed the school.

☒ **TOTAL Tuition** for classes comprising the 650-hr. Massage Program Certification:
All TUITION PAYMENTS total \$ 9,720

- ☒ **\$ 270 Registration Fees are non-refundable**, see Enrollment Application, page 4.

Student Insurance through ABMP and Exam Coach is available to the student for 1 year. See Registration Fees in Enrollment Application, page 4. **Books and supply costs are not included in the tuition**, see Book and Supply List in this Catalog.

- ☒ **Attendance:** Students shall not miss more than 10% of class. Makeup time is available by appointment with ISMT Staff, with a minimum 60% class attended. 1 hour of Makeup = 3 hours of classroom time at a cost of \$30/hr. 70% or higher minimum competency for class credit, given upon completion when applicable tuition and/or fees are paid in full. See Student Handbook.

- ☒ **“Work-off” a portion of your tuition** doing supervised Student Clinic massages on campus beyond the 110-hour requirement. Some restrictions apply, see Student Handbook.

- ☒ **Transfer Credit may be available** for classes “substantially equivalent.” Course transcripts and syllabus required. Business I/Ethics and Student Clinic hours are non-transferrable. We cannot guarantee transfer of credit to/from other schools. Inquire about course “Challenge”: a fee of \$30/course applies. See Admission Requirements and Student Handbook.

- ☒ **Students Enroll/Register in person for each Trimester.** Students are financially responsible for the classes in which they Enroll/Register themselves. Tuition is NOT prepaid.

Campus Location: 1626 S. Wells Ave., Suite 105, Building 1, Meridian, ID 83642.

Phone: (208) 342-3430 Email: Ismtclinic@gmail.com.

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EVENING

2025-26 CLASS & TUITION SCHEDULE

TRIMESTER A

Sep 08 – Dec 16, 2025 Student Orientation: Aug 21, 2025 5-7 pm

CLASS	DATE/TIME	Hours	Cost \$	Class Payments	
Anatomy	Sep 8 - Dec 15; Mon 6-9 pm	50	900	10/31/2025 \$ 450	12/15/2025 \$ 450
Swedish	Sep 9 - Oct 16; Tu, Thur 6-9:20 pm	38	684	9/25/2025 \$ 342	10/16/2025 \$ 342
Physiology	Sep 10 - Dec 15; Wed 6-9 pm	50	900	10/30/2025 \$ 450	12/15/2025 \$ 450
Hydrotherapy	Sep 20, Oct 18 9:30-5 pm, Nov 8, Dec 13; Sat 10:45-1:45 pm	15	270	10/18/2025 \$ 135	12/13/2025 \$ 135
First Aid/CPR	Sep 27 Sat 9-5:00 pm	8	144	09/27/2025 \$ 72	09/27/2025 \$ 72
Bodywork 101	Oct 21 – Dec 2; Tu, Thur 6-9 pm	36	648	11/06/2025 \$ 324	12/02/2025 \$ 324
Record Keeping A	Nov 8 & 15 (SOAP) Sat 12:30-2:30 & 9-12 pm	5	90	11/08/2025 \$ 45	11/15/2025 \$ 45
Student Clinic Modality: Swedish	Signup for 2 nd , 3 rd & 4 th Sundays beginning Nov am/ pm shifts	<u>35</u>	<u>\$ 0</u>	No cost to student	
	Trimester A (½ due 10-31-25 and 12-17-25) Total	237	\$ 3,636	(\$1,818 = 1/2)	

TRIMESTER B

Jan 5 – Apr 4, 2026

Student Orientation: Dec 16, 2025 5-7 pm

CLASS	DATE/TIME	Hours	Cost \$	Class Payments	
Pathology	Jan 5 – Apr 4; Mon 6-9 pm	40	720	02/16/2026 \$ 360	04/04/2026 \$ 360
Bodywork 102	Jan 6 – Mar 10; Tu, Thur 6-9 pm	55	990	02/03/2026 \$ 495	03/10/2026 \$ 495
Kinesiology	Jan 7 – Apr 2; Wed 6-9 pm	38	684	02/11/2026 \$ 342	04/02/2026 \$ 342
Movement	Jan 10, 24, Feb 7, 21, Mar 14, 28, Apr 4 Sat 9-10:30 am	10	180	02/21/2026 \$ 90	04/04/2026 \$ 90
Business I/Ethics	Jan 10, 24, Feb 7, 21, Mar 14, 28, Apr 2; Sat 10:45-2:45 pm	28	504	02/21/2026 \$ 252	04/02/2026 \$ 252
SOAP B	Mar 12, 17 Tu, Thur 6-9 pm	5	90	03/12/2026 \$ 45	03/17/2026 \$ 45
Research Lit.	Mar 24, 26, 30 Tu, Thur 6-9 pm	9	162	03/26/2026 \$ 81	03/30/2026 \$ 81
Student Clinic Modality: Connective Tissue bodywork/ SW	Signup for 2 nd , 3 rd & 4 th Sundays am or pm shifts	<u>35</u>	<u>\$ 0</u>	No cost to student	
	Trimester B (½ due 02-19-26 and 04-04-26) Total	220	\$3,330	(\$1,665 = 1/2)	

TRIMESTER C

Apr 20 – Jun 27, 2026

Student Orientation: April 04, 2026 5-7 pm

CLASS	DATE/TIME	Hours	Cost \$	Class Payments	
Reflexology	Apr 20 – May 11; Mon 6-9 pm	15	270	04/27/2026 \$ 135	05/11/2026 \$ 135
Asian Bodywork	Apr 21 – May 26; Tu, Thur 6-9 pm	33	594	05/07/2026 \$ 297	05/26/2025 \$ 297
Movement	Apr 25 – Jun 27 Sat 9-10:30 am	10	180	05/16/2026 \$ 90	06/27/2026 \$ 90
Business II	Apr 25 – Jun 27 Sat 10:45-2:45 pm	27	486	05/30/2026 \$ 243	06/27/2026 \$ 243
Sports & SOAP C	Apr 29 – May 27 Wed 6-9 & May 16, Jun 25 Sat 10:45	20	360	05/13/2026 \$ 180	05/27/2026 \$ 180
Lymphatic Fac.	May 18 – Jun 15; Mon 6-9 pm	12	216	06/01/2026 \$ 108	06/15/2026 \$ 108
Geriatric Massage	May 28 – Jun 18; Thur 6-9 pm	12	216	06/04/2026 \$ 108	06/18/2026 \$ 108
Craniosacral	Jun 2 – Jun 23; Thur 6-9 pm	12	216	06/09/2026 \$ 108	06/23/2026 \$ 108
Visceral Massage	Jun 3 – Jun 24; Wed 6-9 pm	12	216	06/10/2026 \$ 108	06/24/2026 \$ 108
Student Clinic Modality: Reflexology, Asian bodywork	Signup for 2 nd , 3 rd and 4 th Sundays ; am or pm shifts.	<u>40</u>	<u>\$ 0</u>	No cost to student	
	Trimester C (½ due 05-21-26 and 06-27-26) Total	193	\$2,754	(\$1,377 = 1/2)	

Class meets as scheduled **except:** Thanksgiving, Christmas, New Year's Day, Easter, and Memorial Day

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DAY

2025-26 CLASS & TUITION SCHEDULE

TRIMESTER A

Sep 09– Dec 16, 2025

Student Orientation: Aug 21, 2025 5-7 pm

CLASS	DATE/TIME	Hours	Cost \$	Class Payments	
Anatomy	Sep 09-Dec 16; Tu 9-12 pm	50	900	10/30/2025 \$ 450	12/16/2025 \$ 450
Swedish	Sep 09 - Oct 16; Tu, Thur 12:30-3:50 pm	38	684	09/25/2025 \$ 342	10/16/2025 \$ 342
Physiology	Sep 11 - Dec 16; Thur 9-12 pm	50	900	10/30/2025 \$ 450	12/16/2025 \$ 450
Hydrotherapy	Sep 20, Oct 18 9:00-5 pm, Nov 8, Dec 13; Sat 10:45-1:45 pm	15	270	10/18/2025 \$ 135	12/13/2025 \$ 135
First Aid/ CPR	Sep 27 Sat 9 – 5 pm	8	144	09/27/2025 \$ 72	09/27/2025 \$ 72
Bodywork 101	Oct 21 - Dec 2; Tu, Thur 12:30-3:30 pm	36	648	11/13/2025 \$ 324	12/02/2025 \$ 324
Record Keeping A	Nov 8 & 15 (SOAP) Sat 12:30 & 9 – 12 pm	5	90	11/08/2025 \$ 45	11/15/2025 \$ 45
Student Clinic Modality: Swedish	Signup for 2 nd , 3 rd & 4 th Sundays starting Mid-Nov. am or pm shifts	35	0	No cost to student	
	Trimester A (½ due 10-31-25 and 12-16-25) Total	237	\$ 3,636	(\$1,818 =1/2)	

TRIMESTER B

Jan 6 – Apr 4, 2026

Student Orientation: Dec 16, 2025 5-7 pm

CLASS	DATE/TIME	Hours	Cost \$	Class Payments	
Pathology	Jan 6 - Apr 4; Tu 9-12 pm	40	720	02/17/2026 \$ 360	04/04/2026 \$ 360
Bodywork 102	Jan 6 – Mar 10; Tu, Thur 12:30-3:30 pm	55	990	02/03/2026 \$ 495	03/10/2026 \$ 495
Kinesiology	Jan 8 – Apr 2; Thur 9-12 pm	38	684	02/12/2026 \$ 342	04/02/2026 \$ 342
Movement	Jan 10,24, Feb 7,21, Mar 14,28, Apr 4 Sat 9-10:30 am	10	180	02/21/2026 \$ 90	04/06/2026 \$ 90
Business I/Ethics	Jan 10,24, Feb 7,21, Mar 14,28, Apr 4 Sat 10:45-2:45 pm	28	504	02/21/2026 \$ 252	04/04/2026 \$ 252
SOAP B	Mar 12 & 17 Tu, Thur 12:30-3:30 pm	5	90	03/12/2026 \$ 45	03/17/2026 \$ 45
Research Literacy	Mar 24, 26, 31 Tu, Thur 12:30-3:30 pm	9	162	03/26/2026 \$ 81	03/31/2026 \$ 81
Student Clinic Modality: SW/Connective Tissue bodywork	Signup for 2 nd , 3 rd & 4 th Sundays am or pm shifts	35	\$ 0	No cost to student	
	Trimester B (½ due 02-19-26 and 04-04-26) Total	220	\$3,330	(\$1665 =1/2)	

TRIMESTER C

April 21 - Jun 27, 2026

Student Orientation: April 04, 2026 5-7 pm

CLASS	DATE/TIME	Hours	Cost \$	Class Payments	
Reflexology	Apr 21-May 12; Tu (and 1 Thur) 9-12 pm	15	270	04/28/2026 \$ 135	05/12/2026 \$ 135
Asian Bodywork	Apr 21-May 26; Tu, Thur 12:30-3:30 pm	33	594	05/07/2026 \$ 297	05/26/2026 \$ 297
Movement	Apr 25 – Jun 27; Sat 9:30-10:30 am	10	180	05/16/2026 \$ 90	06/27/2026 \$ 90
Business II	Apr 25 - Jun 27 w/Job Fair Sat 10:45-2:45 pm	27	486	06/13/2026 \$ 243	06/27/2026 \$ 243
Sports & SOAP C	Apr 30 – May 28; Thur 9-12 pm; May 16 Sat 10:45 am	20	360	05/14/2026 \$ 180	05/28/2026 \$ 180
Lymphatic Fac.	May 19-Jun 16; Tu 9-12 pm	12	216	06/02/2026 \$ 108	06/16/2026 \$ 108
Craniosacral	May 28- Jun 18; Thur 12:30-3:30 pm	12	216	06/04/2026 \$ 108	06/18/2026 \$ 108
Geriatric Massage	Jun 2 - Jun 23; Tu 12:30-3:30 pm	12	216	06/09/2026 \$ 108	06/23/2026 \$ 108
Visceral Massage	Jun 4-Jun 25; Thur 9-12 pm	12	216	06/11/2026 \$ 108	06/25/2026 \$ 108
Student Clinic Modality: Reflexology, Sports, Asian bodywork	Signup for 2 nd 3 rd & 4 th Sundays to completion; am or pm shifts.	40	\$ 0	No cost to student	
	Trimester C (½ due 05-21-26 and 06-27-26) Total	193	\$2754	(\$ 1,377 =1/2)	

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Class meets as scheduled except: Thanksgiving, Christmas, New Year's Day, Easter and Memorial Day

Required Book and Supply List for 2025-26

Trimester (A) – Books and Supplies: September – December

All costs are subject to change, estimates only and based on new cost as provided by Amazon.com. Used texts are acceptable, but do not contain access codes for online appendices. Obtain your books and supplies prior to class start **from resources of your choosing**. Bring your supplies, books, blanket, pillow, and lotion to class per instructions in each class syllabus.

General supplies for all classes:

Paper, pencil, pen, college ruled note paper, composition journal, 3 ring binder

<u>Class</u>	<u>Required Books</u>	<u>Supplies</u>	<u>Estimated Cost</u>
Physiology Anatomy	The Massage Connection: Anatomy & Physiology and Study Guide 3 rd ed. (K. Premkumar) Physiology Coloring Book 4th Anatomy Coloring Book 4 th edition (Kapit) *Trail Guide to the Body and Student Handbook, 5 th or 6 th ed. (Biel) * New purchase required for online access to appendix in 6 th ed. (Books of Discovery)	Colored Pencils General supplies	\$59 Massage Conn. \$20 Study guide \$20 Phys. Coloring Bk \$20 Anat. Coloring Bk \$75 Trail Guide Body \$27 TG Student handk \$6 Colored pencils \$15 <u>General supplies</u>
Swedish Bodywork 101 Hydrotherapy RecordKeeping (SOAP) Student Clinic	*Tappan's Handbook of Massage Therapy, Blending Art and Science, 6 th edition (Benjamin). * New purchase required for Access card to video library, sold separately. (MyPearsonsLab) * Hands Heal, Communication, Documentation and Insurance billing for Massage Therapists 5 th ed. (Thompson)	4 sets linens (for Student Clinic and class) Blanket pillow Laundry bag Lotion/oil	\$139 Tappan's (access card for video library is sold separately at Pearson's Publishing \$110 Linens/bedding \$25 Lotion/oil \$58 Hands Heal
Movement CPR/First Aid	all coursework provided	General supplies	See general supplies Trimester A or B
Student Clinic supplies needed by Mid-November			
Trimester A –			Books (\$418) + Supplies (\$156) = \$574

A portion of the Registration Fees pays for required Student Insurance, it provides liability coverage for 1 year and student resources such as Exam Coach for MBLEX preparations through ABMP <http://www.abmp.com>. ISMT will provide massage tables and bolsters for use in class.

Trimester A is the recommended starting point for the massage program. Trimester A classes are the foundation of the program and only offered September to December each year. *Massage is a very physical career.* Be advised that increasing core strength is recommended outside of and in addition to

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this course of study. These foundational classes emphasize *medical terminology and body sciences; massage theory, effects, benefits, guidelines, cautions, and techniques of Swedish massage.*

Trimester (B) – Required Books and Supplies: January – April

All costs are subject to change, estimates only and based on new cost as provided by Amazon.com. Used texts are acceptable, but do not contain access codes for online appendixes. Obtain your books and supplies prior to class start **from resources of your choosing**. Bring your supplies, books, blanket, pillow, and lotion to class per instructions in each class syllabus.

For Business I and Record Keeping Class a Laptop is highly recommended for in class work.

General supplies for all classes:

Paper, pencil, pen, college ruled note paper, composition journal, 3 ring binder

<u>Class</u>	<u>Required Books</u>	<u>Supplies</u>	<u>Estimated Cost</u>
Pathology Research Literacy	A Massage Therapists Guide to Pathology, 7th ed. (Werner)	General supplies	\$ 89 MT Guide to Pathology \$5 General supplies
Bodywork 102 Kinesiology	*The Balanced Body: A Guide to Deep Tissue and Neuromuscular Therapy (Scheumann) 3 rd ed. *Basic Clinical Massage Therapy; (Clay/Pounds) 2nd *Trail Guide to the Body and Student Handbook	2 additional sets linens, Lotion Bring personal pillow and blanket to class (from Tri A)	\$58 Balanced body \$54 Basic Clinical See Trimester A See Trimester A See Trimester A
Business I	Business Mastery 5 th ed; (Sohnen-Moe)	General supplies and recommended laptop for in class work	\$46 Business Mastery
Movement	n/a	General supplies Yoga mat	See Trimester A
Record Keeping		General supplies Laptop for in class work	See Trimester A
First Aid & CPR	All coursework provided	General Supplies	Trimester A or B by availability
Student Clinic	n/a	Linens/lotion Blanket/pillow	\$45.00 \$60.00
Trimester B – Books (\$247) + Supplies (\$110) = \$357			

Trimester B is not a recommended starting point for the massage program. Classes in B build on classes taken only in A: Bodywork 102 builds on Bodywork 101, Pathology and Kinesiology builds on Anatomy and Physiology. Trimester B classes are only offered January through April each year. The emphasis for this trimester is on *clinical pain management, injury recovery, and intermediate body sciences, Recordkeeping for Clinical Massage Therapists, and the creation of a business plan, in written form. Day and Evening students are combined on select Saturdays for Business I and Movement (Yoga) in Trimester B. Sign yourself up for Student Clinic offered Fridays and Sundays.*

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Students who choose to begin classes in Trimester B (January) must take Trimester A classes the following September to complete the massage program. This increases program completion from 10 months to 12. Private Tutoring at additional expense may be necessary to keep up.

Trimester (C) – Required Books and Supplies: April – June

All costs are subject to change, estimates only and based on new cost as provided by Amazon.com. Used texts are acceptable, but do not contain access codes for online appendices. Obtain your books and supplies prior to class start **from resources of your choosing**. Bring your supplies, books, blanket, pillow, and lotion to class per instructions in each class syllabus.

General supplies for all classes:

Paper, pencil, pen, college ruled note paper, composition journal, 3 ring binder

<u>Class</u>	<u>Required Books</u>	<u>Supplies</u>	<u>Estimated Cost</u>
Reflexology Asian Bodywork Sports massage Lymphatic fac. Geriatric massage Business II	Tappan's Handbook of Massage Therapy, Blending Art and Science, 6 th edition (Benjamin) Business Mastery	Foot powder Plastic basin Cleanser/Sanitizer General supplies Linens/towels Lotion/oil	See Trimester A \$40 Supplies \$10 <u>General supplies</u> See Trimester B
Craniosacral Visceral massage Movement	All coursework provided	Linens Lotion General supplies	\$20 Lotion/oil
Student Clinic	n/a	General Supplies Linens & bedding	See Trimester A
Trimester C – Books (\$0) + Supplies (\$70) = \$70			

Books for Trimester C are usually obtained in Trimester A or B and used throughout the program. Students who choose to begin classes in Trimester C (April) must take Trimester A & B classes the following September and January to complete the massage program. This increases program completion from 10 months to 12.

With the exception of Business II and Sports massage, Trimester C is an acceptable starting point for students who are willing to complete some outside study and practice. Trimester C classes emphasize several modalities aligned with eastern wholistic philosophies and are only offered April through June each year.

Class sizes are typically small: 4-8 students, except Saturday classes which combine Day and Evening students. For more information, an Open House is held before each Trimester start. All Admission Requirements are to be submitted at the Applicant Interview, prior to Enrollment/Registration and Student Orientation. Class details for each trimester and course syllabus' available at Trimester Student Orientation; attendance is required.

Completion of the 650 hr. program, payment of all tuition, fees, return of all books loaned, passing grades of at least 70% in all classes, clinic, and final demonstration of skills qualifies the student to sit for the MBLEX and apply for State Licensure. State Licensing requirements include "completion of approved education program and receiving a passing grade on a State approved Massage Licensing Examination given by an independent entity." For more information and the cost of massage therapy licensing, check the Idaho Bureau of Licensing at www.ibol.idaho.gov and Federation of State Massage Therapy Boards www.fsmtb.org.

TUITION: Massage Therapy Program 650 hours ~ \$9,720

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Registration Fees: \$ 270
Estimated Books (\$ 665) and Supplies (\$ 336)