Dear Alice,

I know you probably can't recommend practitioners on the website, but I was wondering if you know of any good masseuses in the Columbia University area. 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,

You're right, suggesting specific massage therapists can pose some problems, but 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 (AMTA) web site, where you can:

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

The AMTA web site also allows you to search through the AMTA membership to find a qualified massage therapist 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. Call a particular massage therapist for more details or if you have any questions.

Since you're looking in the Columbia area, it would also be a good idea for you to check out the New York State Education Department's Office of the Professions web site for:

- Online License Verification, where you can search by the massage therapist's name to see if s/he is licensed or certified, or had any recent disciplinary action
- Definition of the practice of massage therapy and its license requirements

Alice!

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

Related questions

Stress is a pain in the neck? literally! [7]
What to do for headaches? [8]
Shoulder pain [9]
A foot-massage makes any woman orgasmic? [10]
The male hot spot? Massaging the prostate [11]
Uneven rib cage [12]

Resources

Alice! Health Promotion (Morningside) [13]
Stressbusters (Morningside) [14]

Published date:
Dec 24, 1999
Last reviewed on:
Apr 24, 2014

Footer menu

Contact Alice!
- Content Use
- Media Inquiries
- Comments & Corrections

Syndication & Licensing
- Licensing Q&As
- Get Alice! on Your Website
- Full Site Syndication
- Link to Go Ask Alice!

Go Ask Alice! is not an emergency or instant response service.
If you are in an urgent situation, please visit our Emergency page to view a list of 24 hour support services and hotlines.

Source URL: http://www.goaskalice.columbia.edu/answered-questions/seeking-massage-therapist

Links