

50 WAYS to CELEBRATE Global Massage Makes Me Healthy & Happy Day

March 20, 2025



Massage Therapy Schools

- Hold a contest for students, graduates, and clinic clients on why Massage Makes Me Healthy & Happy
- Host a complimentary CEU class for graduates
- Host an open house for prospective students on massage health & happiness (live or virtual)
- Offer complementary massages to licensed Massage Therapist in your student clinic
- Bring in a special speaker to talk about massage, health, and happiness (live or virtual)
- Have a class on current massage research
- Donate a percentage of earnings that day/week to your favorite charity in the name of Massage Makes Me Healthy & Happy
- Create a health and happiness celebration event for students, the general public, or both
- Send a press release to your local media

Massage and Bodywork Associations

- Use social media to spread the word about Global Massage Makes Me Healthy & Happy Day
- Connect with local and national media to talk about the connection between massage, health, and happiness
- Create a brochure and/or informative handout for massage therapists to give to clients about the connection between massage, health, and happiness
- Write a blog or article for massage publications about how massage makes us healthy and happy

Massage Therapists

- Offer a discount or upgrade on massage sessions in recognition of Massage Makes Me Healthy & Happy
- Create a client brochure showing how massage creates health and happiness
- Get together with fellow massage therapists and share happiness stories
- Host an open house informational session for new clients (live or virtual)
- Read a massage research paper and share the findings with friends and clients
- Offer massage as a charitable act at a senior center or homeless shelter
- Use social media to spread the word about Global Massage Makes Me Healthy & Happy Day
- Work with your local city or chamber to host a public informational event (live or virtual)
- Host a parent/child massage event and teach them some massage techniques (live or virtual)
- Donate a percentage of earnings that day/week to your favorite charity in honor of Massage Makes Me Healthy & Happy
- Post a video of a client's health and/or happiness massage story on social media
- Take a CEU class and learn something new
- Schedule a series of massage sessions for your own health and happiness
- Distribute a press release to local publications
- Share a personal message with family, friends and colleagues about what Global Massage Makes Me Healthy & Happy Day means to you

50 WAYS to CELEBRATE

Global Massage Makes Me Healthy & Happy Day on March 20, 2025



Massage Teachers and Continuing Education Providers

- Offer a CEU discount to local massage therapists
- Create a class on massage therapy research and happiness results
- Host a live online open forum to connect with massage therapists and their stories
- Connect with your local community and do a massage and happiness presentation (live or virtual)
- Donate a percentage of earnings that day/week to your favorite charity in honor of Massage Makes Me Healthy & Happy

Spas, Wellness Centers, Massage Businesses

- Host a Massage Makes Me Healthy & Happy event with discounts, upgrades, raffles, and snacks
- Distribute Massage Makes Me Healthy & Happy informational brochures to all clients
- Work with local associations to create/promote an event (live or virtual)
- Honor your massage therapists with special product gifts or massage gift cards
- Offer clients a complimentary shoulder/neck massage
- Do something special for your massage therapy staff
- Offer employees a complimentary massage
- Donate a percentage of earnings that day/week to your favorite charity in honor of Massage Makes Me Happy & Healthy
- Connect with local and national media to talk about the connection between massage, health, and happiness

Other Business Types

- Hire massage therapists to facilitate seated massage for employees
- Give all employees a massage gift card
- Bring in a massage therapist to talk about the benefits of massage
- Have a contest or raffle for employees to win a massage or spa day

Anyone and Everyone

- Get a massage; give a massage
- Purchase a massage gift card for a loved one
- Have a foot massage evening get-together with family and friends
- Tell someone how massage has improved your health and happiness
- Spend the day at a local spa
- Read a book about massage or bodywork
- Share your special massage story on Massage Makes Me Healthy & Happy Day's Facebook page
- Donate to massage research
- Thank your favorite massage therapist with a card, gift, or email telling them how much you appreciate their work

Join us in celebrating the health and happiness that massage therapy brings!

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