



Weekly Job Postings Room Rentals & Items For Sale

Licensed Massage Therapist Wanted

Ithaca, NY

Contact Name: Jen

Phone Number: 607-201-4926

Email: jenwhit12@gmail.com

Salary: \$62-\$70/hr session

Medical Massage Specialists in Ithaca, NY is looking for an experienced LMT who wants to build a sustainable career focused on clinical, pain-relief massage. This is not a high-volume spa position. Our therapists typically see 12–16 sessions per week, with a maximum of about 4 sessions per day, allowing time to provide thoughtful, individualized care without burning out.

Our practice focuses on clients with chronic and complex pain, including:

- Neck, shoulder and low-back pain, Headaches and migraines, Sciatica, TMD/TMJ, Hypermobility/EDS and connective-tissue disorders, Autoimmune and complex pain conditions, Sports and orthopedic concerns

I'm looking for someone who is reliable, communicative, professional, and genuinely interested in developing expertise in medical massage. If you have a particular area you love treating, I want to help you develop and promote that specialty.

Position highlights:

- W-2 employee position
- 12–16 sessions/week
- Approximately \$62–\$70 per treatment hour depending on service
- Continuing education support
- Uniform stipend
- Health insurance stipend after eligibility period
- Paid training and community outreach events
- Established practice with strong patient demand and referral relationships
- Relocation assistance available for the right candidate

Ithaca is a beautiful college town in the Finger Lakes with hiking, waterfalls, lakes, wineries, great food, and a strong healthcare community. If you're an LMT who wants excellent clinical work without a 25–30 massage-per-week schedule, I'd love to talk. Please message me directly or email your résumé to jenwhit12@gmail.com.



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Treatment Room Available - Latham

Latham, NY

Contact Name: Rana

Phone Number: 518-930-3275

Email: news@clearaestheticstudios.com

Salary: Room Rental \$1,100/month

Launch or grow your wellness practice in a professional wellness setting located at CLEAR AESTHETIC STUDIOS within the Aesthetic Science Institute building on Route 7 in Latham.

This private treatment room is ideal for a licensed massage therapist seeking a newly updated space with amenities already in place.

Included:

- Fully equipped treatment room
- Utilities included
- Wi-Fi
- Sink and cabinet storage in room
- Access to laundry facilities
- Online booking software
- Free parking
- Professional environment with excellent visibility

Lease Terms: One-year commitment at \$1,100/month. Available August 1, 2026.

Call/text Clear Aesthetic Studios at 518-930-3275 to schedule your tour today! Or DM @clearaestheticstudios on IG.

Part Time Treatment Room in Saratoga

Saratoga Springs, NY

Contact Name: Erin Sikopoulos

Phone Number: 518-636-9588

Email: info@turnanewleafllc.com

Salary: Room Rental - \$225-\$800

Our location has a spacious shared treatment room with leasing availability on the following days:

Full Days: Mondays, Tuesdays, Fridays and Saturdays

Half Days: Thursdays and Sundays from 2pm through end of day (for \$100 a month per 1/2 day)

Leasing 1 day weekly is \$225/month, 2 days weekly \$400/month, 3 days weekly \$600/month, 4 days weekly \$800/month

lease terms are annual

Part time space is a great opportunity for MT's just starting a private practice, looking to add a new location for their practice or are downsizing from a full practice. The room comes with an Oakworks Massage table, shiatsu mat, bolster, blue tooth speaker, white noise machine and in room with storage for personal items.

The building has ample onsite parking, cleaning and building maintenance are taken care of, WIFI and utilities are all inclusive.



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Full Time or Part Time Independent Contractor LMT Position

Burnt Hills, NY

Contact Name: Leah Bennett

Phone Number: 315-991-9162

Email: lmtleahmarie@gmail.com

Salary: \$60-\$100/hr

Leah Marie Massage Therapy is an established practice in Burnt Hills, NY. We are a small practice with 3 shared treatment rooms, an established client base and room for growth.

Full or Part-time availability, weekends, weekdays, days or nights all available. Create your own schedule, trade services with other massage therapists. Grow and learn together!

The position is independent contractor with commission based income. We offer a 60/40 split with 60% plus gratuity going to the massage therapist.

Atmosphere is laid back and professional, we prioritize massage therapist health, work/life balance, and encourage therapists to bring their modalities/styles to the practice and work at a level that feels comfortable for them.

Burnt Hills is a great community to work in with supportive and loyal clients.

Call or email Leah to set up an interview!

Recovery Wellness Retreat

Greenville, NY

Contact Name: Emily Dickinson

Phone Number: 518-303-2141

Email: emily@c-gac.org

Salary: \$200 for 4 hours (free, non-profit retreat)

This is a free wellness retreat for people with lived experience of substance use disorder, their loved ones, and peer recovery advocates. Participants are invited to engage in group activities like yoga and sound bathing as well as wellness modalities such as massage and acupuncture.

Practitioners will be offered a stipend of \$200 and lunch and will be asked to offer services from 2-6pm with breaks.

The program takes place at the Saranam Center, 52 Jennings Road, Greenville NY on Saturday, October 3rd from 2-6pm.

Please email emily@c-gac.org if you are interested in offering massage services, or for a flyer to advertise the event.



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Massage Therapist

Pittsford, NY

Contact Name: Joanne Maxwell
Phone Number: 585-750-2626
Email: irmjourney7@gmail.com
Salary: \$45-55/hr

Now, love where you work with starting pay \$45 to \$55 per hour plus gratuities and rebooking bonus! Follow up on this rare opportunity at Journey Massage and Spa Services owned by OSTM alumni since 2002.

Our office offers beautifully appointed treatment rooms each with a private bathroom including one with a shower. We are located on the canal in the woods of Bushnell's Basin, convenient to 490E.

We are currently looking for reliable, professional, licensed massage therapist(s) to join our team as an independent contractor. Candidates with weekend availability (Fri-Sun) availability preferred.

Job Types: Contract, Part-time

Benefits:
Employee discount
Flexible schedule
Referral program

Massage Therapist

Albany, NY

Contact Name: Megan / Danielle
Phone Number: 518-977-3100
Email: info@kontrastalbany.com
Salary: 60% + tips

We're looking for a licensed massage therapist to join our growing, locally owned practice. Our clinic is conveniently located in Albany, just below Loudonville, and has been thoughtfully designed to support both our therapists and our clients. Every treatment room is equipped with hydraulic, pregnancy-compatible tables, towel and table warmers, individual music streaming for a comfortable, personalized experience. Front desk support and online booking software to help make scheduling easy. Convenient plaza parking.

As an LMT-owned and hands-on business, we understand what therapists need to build a successful practice. Along with massage therapy, we offer unique wellness services that help support your existing clients and introduce new clients to your practice, including:

Salt sensory deprivation float therapy
Hot + Cold contrast suites (Cold plunge + Sauna)
We encourage therapists to use these services complimentary.

We're especially interested in therapists who enjoy therapeutic, deep tissue, and sports massage. Reliability, professionalism, and clear communication are important to us. We're looking for someone who wants to be part of a supportive team that genuinely cares about clients and each other. If this sounds like a place where you'd enjoy working, we'd love to hear from you. Please email us:

info@kontrastalbany.com



Weekly Job Postings Room Rentals & Items For Sale

Experience Massage Therapist Wanted

Schenectady, NY

Contact Name: Mary Mooney

Phone Number: 518-982-1492

Email: aac.marymooney@gmail.com

Salary: \$500 Room Rental – Set your own rates

- AAC Family Wellness | Schenectady, NY Room rental opportunity. We are looking for a licensed Massage Therapist with experience in Swedish, Deep Tissue & Myofascial Massage.
- Set monthly room rental is \$500
- Make your own schedule — you choose your days and hours
- Professional, clean, welcoming treatment space
- Build and maintain your own clientele
- Referrals from an established chiropractic patient base
- Work independently while being part of a collaborative wellness environment

The massage room is currently shared with another therapist who works a limited, part-time schedule, so there is plenty of flexibility in creating a schedule that works for you.

Call or email Mary if interested.

aac.marymooney@gmail.com

518-982-1492

Room Rental

Ballston Lake, NY

Contact Name: Colleen Young, LMT, CLT

Phone Number: 518-530-7354

Email: chymassage@gmail.com

Salary: TBD based on days, but \$600-\$1,000/month Room Rental

- Come join an established practice celebrating 13 years!
- Come make a difference as a professional licensed massage therapist and join our team (willing to sponsor graduate).
- Our clients are self pay and medical insurance. We are seeking an LMT to become a healthcare practitioner with us. We will teach you everything needed to make a successful career.
- We have furnished shared rooms available for rent for full-time or two part-time LMT's.
- Included in rent is:
 - Room rental , Scheduling system , Linens, Washer/dryer, Cleaning and office supplies, HIPPA compliant, Phone forwarding, Medical billing training/software, Music, Great coworkers, Safe and supportive environment, And so much more!
- Your income is up to you!
- Send your professional resume to Colleen (chymassage@gmail.com) at Mantra Wellness Therapeutic Massage, LLC - let's make a difference together!





Weekly Job Postings Room Rentals & Items For Sale

Body Relief Day Spa – Licensed / Limited Permit Massage Therapist

Queensbury, NY

Contact Name: Brittany Christian

Phone Number: 518-792-6196

Email: brittany.bodyreliefdayspa@gmail.com

Salary: Up to \$35/hr

•We are looking for a Licensed Massage Therapist to join our team! We can Sponsor a Limited Permit Massage Therapist as well! We are a fast paced & very busy Day Spa! If you would like to join our team, send us your resume! We are looking for someone that has a flexible schedule, is customer service oriented and able to communicate effectively with clients, management, fellow therapists and staff!

Paid Vacations & 401K Plan

•Would need Reliable Transportation

Overtime Available

Must be able to work every other weekend

We are open Monday (9-5:45) / Tuesday (9-2) / Wednesday (9-5:45) / Thursday (9-2) / Friday (9-5:45)
Saturday (9-4:30) & Sunday (9-2 Seasonal)

Body Relief Day Spa has full-service amenities, complete with Infrared Saunas, Eucalyptus steam rooms, showers, paid vacation and 401K saving plans and the entire facility is completely aroma infused. We have won "Best of the Region" from 2009-19. It's a magnificent place to practice and grow professionally. If you are passionate about helping people feel their best through total body care modalities, look no further, this is the place for you. You will have the opportunity to combine therapeutic massage techniques with our protocols and modalities to meet the individual needs of each client. Are you up to the challenge? Can you deliver a spectacular, safe therapeutic experience with every service, then join us in our mission to create a calm healing environment with life changing results. We can sponsor your permit while you are waiting for your test results.

Please send your resume to our Spa Manager, Brittany at brittany.bodyreliefdayspa@gmail.com



Weekly Job Postings Room Rentals & Items For Sale

LMT – Independent Contractor

Saugerties, NY

Contact Name: Sarah Dangelewicz

Phone Number: 845-246-3642

Email: saugertiescenterofhealth@gmail.com

Salary: 65% commission & 100% tips

Saugerties Center of Health is seeking a New York State Licensed Massage Therapist to join our established multidisciplinary healthcare office alongside chiropractic and physical therapy providers.

This is a 1099 independent contractor position with flexible scheduling and current availability Thursday through Saturday.

We provide:

- * Fully furnished massage treatment room
- * No room rental fee
- * Linens provided
- * Laundry handled by the office
- * Office texting service for scheduling and patient communication
- * Ample on-site parking
- * Established healthcare office with referral opportunities from our providers
- * Flexibility to build and maintain your own clientele.

This is an excellent opportunity for an LMT looking to grow their practice without the overhead of maintaining their own treatment space.

Must hold a valid New York State Massage Therapy license.

Interested? Call or text 845-246-3642 or email saugertiescenterofhealth@gmail.com.

Rental Opportunity at Weight Loss Clinic

Albany, NY

Contact Name: Tina Omorogbe

Phone Number: 518-331-1535

Email:

chasinghealthconsulting@gmail.com

Salary: Room Rental \$725/month

Our established weight loss clinic has a professional space available for rent for an incensed massage therapist with some experience with lymphatic drainage. It is a great opportunity to work alongside a wellness focused practice and serve clients who are interested in weight loss, body wellness and lymphatic services.

Excellent location, lots of parking, one room, waiting area use, plus utilities included for \$725/ month.

If you are interested in learning more about the space and rental terms, please contact us.

Office-518-246-6649 / Cell: 518-331-1535