



# Weekly Job Postings Room Rentals & Items For Sale

## LMT-Albany

### Albany, NY

Contact Name: Megan

Phone Number: 518-977-3100

Email: [wellspacemanagement@gmail.com](mailto:wellspacemanagement@gmail.com)

Salary: 60%

We are seeking a skilled and motivated Massage Therapist to join our team as an independent contractor. This opportunity is ideal for an experienced therapist, but we are also open to newer professionals who demonstrate strong technique, professionalism, and a passion for therapeutic bodywork. Responsibilities: Provide high-quality massage therapy services tailored to client needs Specialize in therapeutic modalities such as sports massage, deep tissue, pain management, and rehabilitative work Assess client conditions and develop appropriate treatment plans Maintain accurate client records and treatment notes Ensure a clean, safe, and welcoming environment for all clients Communicate effectively with clients regarding treatment goals and aftercare Preferred Qualifications: Experience in sports massage, deep tissue, therapeutic, or pain management techniques Strong understanding of anatomy and physiology Professional, reliable, and client-focused Excellent communication and interpersonal skills Compensation & Benefits: Competitive commission split Flexible scheduling Supportive and professional work environment Use of unique space and services

## Massage Therapist Opportunity – Medbery Day Spa

### Ballston Spa, NY

Contact Name: Jennifer Comstock

Phone Number: 518-885-7727 ext 1

Email: [jennifer@twentythreesix.com](mailto:jennifer@twentythreesix.com)

Salary Range: Commission + tips (We start new graduates at 35% commission and folks with experience and a book of business at 40%.)

The Medbery Day Spa is a historic mineral spa located in the heart of Ballston Spa. We are building something truly special—a warm, welcoming space where guests come to relax, restore, and feel genuinely cared for. Our focus is on delivering an elevated guest experience while creating a supportive, positive environment for our team. We are seeking a licensed (or soon-to-be licensed) Massage Therapist who is: Passionate about helping people feel better in their bodies, Warm, professional, and guest-focused, Reliable and respectful of schedules, Open to learning and growing their skills, Comfortable working in a team-oriented environment This is a great opportunity for: Current students nearing graduation, New graduates looking to build clientele, Therapists returning to the field. What You'll Do: Provide high-quality massage services (Swedish, relaxation, and/or deep tissue), Customize each session to meet guest needs, Create a calm, safe, and welcoming environment for every client, Maintain clean and organized treatment rooms, Communicate clearly with guests and team members. What We Offer: Built-in clientele (no need to find your own clients), A beautiful, peaceful spa environment, Flexible scheduling—you can build a schedule that works for you, Supportive team culture (no drama, no chaos), Opportunity to grow your skills and increase your income. Additional Details: Must be licensed in New York (or in the process of obtaining licensure), Must be professional, punctual, and dependable, Weekend availability is a plus!



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## Office Sublet Glens Falls (Established & Furnished)

### Glens Falls, NY

Contact Name: David LaPointe  
Phone Number: 518-232-5222  
Email: [dave@riverwing.com](mailto:dave@riverwing.com)  
Salary: \$500 per month

Subletting my fully furnished treatment room at a well-established location for bodyworkers etc. Long established LMT taking 4-5 months off for family affairs. Happy to refer my existing clients while I am away. Occupancy any time after April 15th, through October 1st (Possibly through Oct 15th or Nov 1st. Can discuss.) In downtown Glens Falls with private parking. Space includes shared waiting room, kitchenette, laundry etc. In a well-cared for 3 story professional building with elevator. One block to hospital and one block from the traffic circle. Easy 2 miles direct to Northway Exit 18. \$500 per month. Pending landlord and other practitioner approval which should be only a formality requiring no more than a brief meeting. Superb value at below downtown market pricing. Could remove my own table etc if required. Linens not included.



## Chair Massage Opportunity 5/13!

### Saratoga, NY

Contact Name: Lindsey  
Phone Number: 518- 378-7362  
Email: [info@massagedelivered.com](mailto:info@massagedelivered.com)  
Salary Range: \$70/hr

Looking for 2 LMTs for chair massage on 5/13 @3-5pm in Saratoga. Pay is \$70/hour.

## Massage Table For Sale

### Ballston Spa, NY

Contact Name: Bonnie  
Phone Number: 916-601-6707  
Email: N/A (phone is better)  
Salary Range: Reach out to discuss price

- \*Earthlite / Avalon Massage Table (purple extra thick padding), \*Deluxe adjustable padded headrest w/cloth covers and 1-sheepskin, \*padded stool, \*side bolsters for extra table width, \*quilted heating pad, \*armrest for front of table, \*I would like to sell it as a package deal if possible



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## Massage Therapist + May Sign On Bonus

### ***Ballston Spa, NY***

Contact Name: Nikki Bechard

Phone Number: 518-245-9505

Email: [cliftonparkmgr@elementsmassage.com](mailto:cliftonparkmgr@elementsmassage.com)

Salary Range: \$35,000 - \$75,000 annual

•Join a Therapist-Led Team at Elements Massage Clifton Park ✨ Are you looking for a supportive environment where your craft is truly valued? At Elements Massage of Clifton Park, we were founded by a massage therapist and are led by an LMT who understands the physical and professional needs of our team. Whether you are a recent graduate or a seasoned pro, we provide the steady clientele and professional support you need to thrive. 💰 Why Our Therapists Love It Here \$1,500 Sign-On Bonus: Paid in four quarterly installments of \$375 during your first year. Top-Tier Pay: Our team averages \$30,000 – \$70,000+/year (includes tips and commission). Invested in You: 401(k) with up to 4% match and Paid CEUs. True Self-Care: Free monthly massage or facial and hydraulic tables to protect your body. 📅 The Details Flexible Shifts: Morning (8:30am–2:30pm) or Evening (3pm–9pm) blocks. The Commitment: Minimum of 3 shifts per week, including one weekend shift to help build your book fast. Requirements: Active (or pending) New York Massage Therapy License. 🧡 Ready to love where you work? We offer a professional, drama-free culture designed for therapist longevity. Apply Today: [elementsmassage.com/clifton-park/careers](http://elementsmassage.com/clifton-park/careers) or 518.245.9505 and speak with Nikki. We look forward to meeting you.

## Kingston Volunteer Opportunity

### ***Ballston Spa, NY***

Contact Name: Liz Raum

Phone Number: N/A

Email: [info@holistichealthcommunity.org](mailto:info@holistichealthcommunity.org)

Salary Range: Volunteer

•Volunteers needed! The Holistic Health Community is a nonprofit organization founded in 2012 with a mission to make holistic healthcare accessible to all. Through our core program, our monthly Holistic Healthcare Days, we offer free healing sessions—including massage, acupuncture, energy work, and other modalities—to individuals and families who may not otherwise have access to this kind of care. We serve a diverse community, including low-income residents, immigrant families, and individuals without health insurance. All of our programming is made possible through volunteers and donations. Starting this June, we're excited to expand our Holistic Healthcare Days to HealthAlliance Hospital in midtown Kingston. These monthly events will take place on the second Thursday of every month from 4–7 p.m. As we prepare for our first event on Thursday, June 11, we are seeking volunteers interested in providing their healing services to the community. It's a great opportunity to gain hands-on experience, connect with experienced practitioners and the local community, and be part of an initiative helping to shape integrative care in our region. Please reach out to [info@holistichealthcommunity.org](mailto:info@holistichealthcommunity.org) to indicate your interest and learn more about the opportunity. Thank you, and we hope to collaborate with you all in supporting the health and well-being of the Hudson Valley community!