

APPROVED MASSAGE THERAPY PROGRAMS

The following massage therapy programs have demonstrated compliance with the core curriculum requirements as set forth by Chapter 300 of the Rules of the Massage Therapy Program. This list will continue to be updated as applications are received.

Acadia School of Massage – Tree of Life Day Spa, Inc.

108 Cottage Street
Bar Harbor, ME 04609
(207) 288-8222
Approval Date: March 7, 2023

Allied Career Training Institute

890 Maine Street Suite 100
Sanford, Maine 04073
(207) 850-1107
Approval Date: April 17, 2026

Bloom! School of Therapeutic Arts

152 Main St
Newport, ME 04953
(207) 368-9979
Approval Date: March 7, 2023

Downeast School of Massage

PO Box 24
Waldoboro, ME 04572
(207) 832-5531
www.downeastschoolofmassage.net
Approval Date: December 9, 2025

DownTown Yoga & Healing Arts – Bliss Living LLC

283 Water Street Box 101 August,
ME 04330
(207) 861-1508
www.downtownyogame.com
Approval Date: December 15, 2023

New Hampshire Institute for Therapeutic Arts

103 Norway Rd
Harrison, ME 04040
(207) 583-2477
Approval Date: May 17, 2023

Panacea School of Integrative Health

101 Second St.
Hallowell, ME 04347
(207) 242-2983
www.panaceayogastudios.com
Approval Date: December 16, 2024

Spatech Institute

100 Larrabee Rd. Ste. 200
Westbrook, ME 04092
(207) 591-4141
www.spatech.edu
Approval Date: April 30, 2026

Southern Maine School of Massage Therapy

108 Tandberg Trail
Windham, ME 04062
Approval Date: December 9, 2025

Therapeutic Bodywork Learning Center

141 North Main St. Ste. 306
Brewer, ME 04421
(207) 951-3584
www.mainemassageschool.com
Approval Date: April 30, 2024

Zardus Holistic Wellness Center

Formally Zardus Art of Massage

11 Parkwood Drive
Augusta Maine 04345
(207) 207-446-7470
www.zardusartofmassage.com
Approval Date: April 22, 2026

Please note: The curriculum must include a minimum of 500 clock hours of supervised classroom and clinical instruction (Rule #02-041, Chapter 300, Section 3 (A)). If a school listed above offers both in-class and distance learning (e.g., CD-ROM), then only the program meeting this regulatory requirement is approved.

Prospective applicants intending to meet the academic requirements for licensure by passing a national examination may choose, at their own risk, to use distance learning options in preparation for the NCBTMB or the MBLEx.