

COME JOIN US FOR A

*Rexburg College of  
Massage Therapy*

# OPEN HOUSE

10.11.22 | 3-6PM

Don't miss Free Chair Massages, Crumbl Cookies, prizes,  
and a chance to be entered to win \$500 off tuition during  
the January or May sessions!

669 PIONEER RD STE 500  
REXBURG, IDAHO

REXBURG  
COLLEGE  
MASSAGE  
THERAPY



*Rexburg College of Massage Therapy*

# OPEN HOUSE

Fall in love with our program!

Tour the campus, get a free chair massage, and  
enter to win \$500 off tuition for the Winter or Spring  
2023 semester!

**November 1, 2022 | 3:00-6:00 pm**



669 Pioneer Rd STE 500, Rexburg, ID 83440

REXBURG  
COLLEGE  
MASSAGE  
THERAPY

# Rexburg College of Massage Therapy

## Brand Style Guide

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### Primary Logo



### Secondary Logo



### Brand Colors



CMYK: 85, 30, 0, 13  
#219BDE



CMYK: 44, 17, 0, 9  
#82C2E9



CMYK: 7, 2, 0, 2  
#E8F5F9



CMYK: 0, 0, 0, 0  
#ffffff



CMYK: 0, 0, 0, 100  
#000000

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### Brand Tone

Professional & Relaxed

### Mission Statement

Start Your Career in Healing

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### Brand Fonts

Headings – Montserrat

abcdefghijklmnopqrstuvwxyz

ABCDEFGHIJKLMNOPQRSTUVWXYZ

1234567890

**Montserrat Classic**    Montserrat Extra Light

Montserrat                **Montserrat Semi-Bold**

Montserrat Thin         **Montserrat Extra-Bold**

*Subheading - Noontime*

*abcdefghijklmnopqrstuvwxyz*

*ABCDEFGHIJKLMNOPQRSTUVWXYZ*

*1234567890*

Body Copy – Glacial Indifference

abcdefghijklmnopqrstuvwxyz

ABCDEFGHIJKLMNOPQRSTUVWXYZ

1234567890

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REXBURG  
COLLEGE  
MASSAGE  
THERAPY

**WE WANT YOUR  
FEEDBACK!**

SCAN THE QR CODE TO HELP  
US IMPROVE!





REXBURG  
COLLEGE  
MASSAGE  
THERAPY



**FOLLOW US ON  
SOCIAL MEDIA**

TO BE IN THE KNOW ABOUT  
UPCOMING EVENTS AND  
PROMOTIONS!



REXBURG  
COLLEGE  
MASSAGE  
THERAPY

**WE WANT YOUR  
FEEDBACK!**

SCAN THE QR CODE TO HELP  
US IMPROVE!



LOOKING FOR OPPORTUNITIES AFTER GRADUATION?  
CONSIDER...

*Rexburg College of Massage  
Therapy!*

Become a licensed therapist in just 8.5 months,  
experience hands-on learning, and  
gain a comprehensive education all at RCMT!

CONTACT US TO LEARN MORE!

Follow us on Social Media!

 Rexburg College of Massage Therapy

 @rexburgcollegeofmassagetherapy

Contact Us!

 (208) 219-3149

 [www.rexburgcmt.com](http://www.rexburgcmt.com)

 [rcmtadmission@gmail.com](mailto:rcmtadmission@gmail.com)

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# REASONS TO APPLY TO & ATTEND

## Rexburg College of Massage Therapy

GRADUATE IN ONLY

★ 8.5 ★  
months

### WHY CHOOSE RCMT?

- CLASSES ARE ONLY 2 DAYS A WEEK!
- SMALL CLASS SIZES = BECOME CLOSER WITH YOUR CLASSMATES
- EXPERIENCE HANDS-ON LEARNING
- GAIN A COMPREHENSIVE EDUCATION
- RCMT IS AN ACCREDITED INSTITUTION
- BECOME A LICENSED MASSAGE THERAPIST IN JUST 8 MONTHS!



### Federal Student Aid

Apply for government financial assistance! Go to our website to learn more about the process of applying!



### Scholarships

A combination of sources can be used to help students develop a complete tuition payment plan. If you're serious about going to school for massage therapy training, then don't let anything, including the cost of education, get in your way.



### In House Payment Plans To Pay Tuition

We have a payment plan option available when all other financial aid programs have been exhausted. The tuition is broken down into interest-free payments for the length of your program.



Our programs start in May, June, and September!



Apply at [Rexburgcmt.com/application/](http://Rexburgcmt.com/application/) or apply at the school

669 Pioneer Road STE. 500 Rexburg, ID 83440

Licensed Massage Therapists can work in almost every field. The career paths are endless!

### Questions?

### Contact us to learn more!

Tours are available daily, call us to book a time.

### Follow us on Social Media!



Rexburg College of Massage Therapy



@rexburgcollegeofmassagetherapy

### Contact Us!



(208) 219-3149



[www.rexburgcmt.com](http://www.rexburgcmt.com)



[rcmtadmissions@gmail.com](mailto:rcmtadmissions@gmail.com)

Want a tuition discount at

# *Rexburg College of Massage Therapy!*

We've got you covered!

Enter to win a \$500 discount  
on tuition!

Attend one of our two open  
house events on October 11  
or November 1st and enter  
your name in the drawing.

If you can't make it to the  
event, but still want to enter  
to win the \$500 off tuition,  
put your name in the  
drawing!

Winner will be announced at our  
open house event on November 1  
at 6:00 p.m.!



REXBURG COLLEGE OF MASSAGE THERAPY

*Tuition*

GIVEAWAY

name:

phone:

email:

*Drawing on*

November 1, 2022 • 6pm

RCMT Open House

for more details visit our facebook  
and instagram pages

# 10 Physical Benefits of a Therapeutic Massage

Having a healthy body is everyone's desire. Here are the 10 physical benefits of a therapeutic massage.

01

## **Relax Body**

It may seem self-explanatory, but a relaxing day at the spa is a great way to relax muscle contractions and spasms and relieve general body tension.

02

## **Improves Circulation**

Loosening the tendons and muscles allows increased blood flow throughout the body.

03

## **Increase of Oxygen**

Therapeutic massages can increase the number of red blood cells. An increase in hemoglobin and oxygen levels is beneficial in cases such as anemia

04

## **Eliminate Toxic Waste**

Therapeutic massages can act as a mechanical cleanser, pushing along lymphatic fluids and assisting in eliminating toxic wastes and debris accumulated from physical, emotional, and mental strain.

05

## **Increases Blood Supply and Nutrition to Muscles**

Massage can increase the blood supply and nutrition to muscles without adding to their load of toxic lactic acid produced through voluntary muscle contraction.

# 10 Physical Benefits of a Therapeutic Massage

Having a healthy body is everyone's desire. Here are the 10 physical benefits of a therapeutic massage.

06

## **Improves Muscle Tone**

Therapeutic massages improve muscle tone and help prevent or delay muscular atrophy from forced inactivity.

07

## **Helps to Compensate for Lack of Exercise**

Massage can compensate, at least in part, for lack of exercise and muscular contraction in persons who, because of injury, illness, or age, are forced to remain inactive.

08

## **Positive Effects on the Nervous System**

Massage may have a sedative or stimulating effect on the nervous system, depending on the type and length of the massage treatment.

09

## **Prevents Formation of Adhesions**

Therapeutic transverse massages help separate muscle fibers, undoing and preventing the formation of adhesions and trigger points.

10

## **Reduce Fatigue**

Massage improves the general circulation and nutrition of tissues. It is accompanied by an increased interchange of substances throughout the body, heightening tissue metabolism.