

Long hours on their feet

Physical strain from performing massages and other treatments

Dealing with difficult or demanding clients

Low pay or inconsistent income

Lack of benefits such as health insurance or paid time off

Limited opportunities for career advancement

Lack of recognition or appreciation for their work

Pressure to upsell products or services

Inadequate training or support from management

High levels of stress and burnout

Difficulty maintaining work-life balance

Inconsistent scheduling or last minute changes

Exposure to harsh chemicals or allergens

Lack of opportunities for professional development or continuing education

Feeling undervalued or unappreciated by clients or coworkers

Dealing with difficult or inappropriate behavior from clients

Feeling isolated or disconnected from coworkers

Lack of diversity and inclusion in the workplace

Dealing with emotional or sensitive topics with clients

Pressure to meet sales targets or quotas

Lack of autonomy or control over their work

Inadequate resources or tools to perform their job effectively

Uncertainty about job security or stability

Feeling overworked or overwhelmed by client demands

Lack of opportunities for creativity or self-expression in their work

Difficulty staying current with industry trends and best practices

Inadequate support for mental health or emotional well-being

Lack of opportunities for collaboration or teamwork

Limited opportunities for networking or building professional relationships

Lack of access to affordable or convenient healthcare services

Dealing with challenging or sensitive situations with clients

Fear of injury or burnout from repetitive tasks

Difficulty maintaining boundaries with clients or coworkers

Feeling pressure to maintain a certain appearance or demeanor at work

Lack of opportunities for feedback or recognition from management

Inadequate support for work-related stress or anxiety

Feeling unfulfilled or uninspired by their work

Difficulty finding work-life balance in a demanding industry

Feeling underappreciated or undervalued by their employer

Lack of opportunities for advancement or career growth

Inadequate training or professional development opportunities

Dealing with difficult or challenging coworkers

Feeling isolated or disconnected from their team

Lack of support for mental health or emotional well-being

Pressure to maintain a certain image or appearance at work

Lack of resources or tools to perform their job effectively

Uncertainty about job security or stability

Difficulty staying current with industry trends and best practices

Fear of injury or burnout from repetitive tasks

Feeling overwhelmed or overworked by client demands