

# Tax Breaks for Integrative Health Business Owners

For business owners, tax season is a great opportunity to take a look back at your company expenses and seek out all the different areas that can earn you a deduction.

Overall, almost any necessary expenditure made to support operations can be written off. If you're the owner of an integrative health business, and you provide services like massage, acupuncture, chiropractic, or meditation, there are a few tax breaks you should know about to lower your tax bill:

## Furniture and equipment

Your business furnishings and the equipment you use for your services with clients can earn you deductions. This includes expenses for things like:

- Waiting room furniture, including chairs, tables, and other furnishings
- Equipment like beds or tables in individual studio rooms

## Clinic or treatment supplies

Your studio staples, including the essentials needed for your work with clients, can also be written off:

- Vitamins, minerals, or gels used for treatments
- Head rolls, heel supports, and other equipment
- Massage supplies like oils and creams
- Waiting or treatment room items, including plants, magazines, water and coffee dispensers, etc.

## Employee expenses

Investments made to enable and support your staff can help you at tax time as well, including costs for:

- Employee salaries and benefits plans
- Uniforms or tunics, only worn at the clinic or studio
- Other clothing that includes your company name or logo
- Hiring any outside contractors or consultants

## Business space and licensure

The services you use to support your business can earn you tax breaks as well. While things like personal insurance don't qualify, you may be able to take advantage of deductions on:

- Rent or mortgage payments
- Utilities and internet service for your studio or office space
- [Licensure fees](#) or professional association dues

## Meals and travel

If you attended a conference, took a business trip, or hosted a lunch for your employees and/or clients, these items can earn you deductions. This includes:

- Business trips and associated expenses like lodging and vehicle rentals
- Lunches or meals with clients, which are 50% deductible
- [Snacks, meals, or parties](#) for your staff

## Important miscellaneous expenses

Other essentials to consider at tax time include:

- Streaming music and/or video subscriptions
- The cost of classes or continuing education to support the business
- Cleaning services
- Necessary business insurance
- Marketing investments, including banners, business cards, or the company's online presence



To find out more about supporting your acupuncture, chiropractic, meditation, or other integrative health business's finances, reach out to the experts at [Bench](#) or check out additional resources at [business.mindbody.io/education](https://business.mindbody.io/education).