



NORTH CAROLINA BOARD of MASSAGE AND BODYWORK THERAPY

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Location Address: 150 Fayetteville Street, Suite 1910, Raleigh, NC 27601

MODALITIES REQUIRING LICENSURE

"The mission of NCBMBT is to regulate the practice of massage and bodywork therapy in the State of North Carolina to ensure competency, and to protect the public health, safety and welfare."

In addition to traditional massage and bodywork therapy practices defined in N.C.G.S. 90-622(3), the practice of the following modalities have been determined by the Board* to require a North Carolina Massage and Bodywork Therapy License (an exemption to this requirement is applicable if the practitioner is licensed, certified, or registered under other laws of the State of North Carolina and the practitioner is performing the service within their authorized scope of practice):

1. Abhyanga
2. Acupressure
3. Aroma Touch Technique
4. Bowen Technique
5. Bowtech Technique
6. Craniosacral Therapy
7. Cupping
8. Endermologie
9. Fascial Stretch Therapy
10. Gua Sha
11. Hot Stone Massage
12. Hydrotherapy
13. Infant Massage (unless exempt under NCGS 90-624)
14. Kiatsu
15. Lomi Lomi
16. Lymph Star Pro Machine
17. Lymphatic Drainage Machine (must be trained and competent)
18. Marma Point Therapy
19. Mayan abdominal massage (Arvigo)
20. Neurostructural Integration Technique
21. Ortho-Bionomy
22. Phytobiadermie Vacuum Suction Massage
23. Pregnancy Massage
24. Raindrop Technique
25. ReFaceology
26. Reflexology
27. Rolfing
28. Rossiter
29. Shiatsu
30. Shirodhara
31. Stretch Zone
32. Structural Integration
33. Synergie AMS Device
34. Thai Yoga
35. Thai Yoga Bodywork
36. Thai Yoga Massage
37. Thai Yoga Stretch
38. Thai Yoga Therapy
39. Theraflex System
40. Trigger Point Therapy
41. Watsu
42. Yamuna Table Treatment
43. Zero Balancing

** This list is updated periodically as the Board reviews modalities*