

North Carolina Board of Massage & Bodywork Therapy

Last Update: February 5, 2009

Based on previous Board opinions the following modalities* are required to have a North Carolina Board of Massage and Bodywork Therapy license:

1. Amma Therapy
2. Amma Massage Therapy
3. Acupressure
4. Bowen Technique
5. Bowtech Technique
6. Craniosacral Therapy
7. Cupping
8. Endermologie
9. Endermology
10. Hot Stone Massage
11. Hydrotherapy
12. Infant Massage (unless exempt under NCGS 90-624)
13. Kiatsu
14. Lymph Star Pro Machine
15. Lymphatic Drainage Machine (must be trained and competent)
16. Neurostructural Intergration Technique
17. Ortho-Bionomy
18. Phytobiadermie Vacuum Suction Massage
19. Pregnancy Massage
20. Rolfing
21. Shiatsu
22. Synergie AMS Device
23. Thai Yoga Massage
24. Watsu

**These lists are updated periodically as the Board reviews modalities*

Practitioners who are exempt from licensure:

The Board considers practitioners of movement education to be exempt from licensure such as:

1. Alexander Technique
2. Body-Mind Centering
3. Feldenkrais Method
4. Trager Psychophysical Integration

Certain energy based techniques are also exempt from licensure:

1. Healing Touch
2. Jin Shin
3. Medical Qi Gong
4. Polarity Therapy
5. Reflexology
6. Reiki
7. Specific Kinesiology
8. Therapeutic Touch

Services such as herbal body wraps, skin exfoliating treatments or the topical application of products to the skins for beautification purposes are not considered to be the practice of massage and bodywork therapy, as long as such services do not involve direct manipulation of the soft tissues of the body. Anyone who is utilizing exempt techniques or treatments along with the practice of massage or bodywork therapy is not considered exempt and will be required to be licensed.