



NORTH CAROLINA BOARD of MASSAGE AND BODYWORK THERAPY

4140 ParkLake Avenue
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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):

Pursuant to N.C.G.S 90-622(3), massage and bodywork therapy is defined as systems of activity applied to the soft tissues of the human body for therapeutic, educational, or relaxation purposes.

1. Abhyanga
2. Active Release Therapy®
3. Active Isolated Stretching®
4. Acupressure
5. Ampuku
6. Aroma Touch Technique
7. Bowen Technique
8. Bowtech Technique
9. Core synchronicity
10. Craniosacral Therapy
11. Craniosacral Fascial Therapy
12. Cupping
13. Endermologie
14. Fascial Stretch Therapy
15. Gua Sha
16. Hot Stone Massage
17. Hydrotherapy
18. Infant Massage (unless exempt under NCGS 90-624)
19. Kiatsu
20. Lomi Lomi
21. Lymph Star Pro Machine
22. Lymphatic Drainage Machine (must be trained and competent)
23. Marma Point Therapy
24. Mayan abdominal massage (Arvigo)
25. Myofascial Therapy
26. Myofascial Release
27. Neural Reset Therapy
28. Neurostructural Integration Technique
29. Ortho-Bionomy
30. Phytobiadermie Vacuum Suction Massage

31. Pregnancy Massage
32. Raindrop Technique
33. ReFaceology
34. Reflexology
35. Reiki Massage
36. Rolfing
37. Rossiter
38. Shiatsu
39. Shirodhara
40. Stretch Zone
41. Structural Integration
42. Synergie AMS Device
43. Taut Band Therapy
44. Thai Massage
45. Thai Yoga
46. Thai Yoga Bodywork
47. Thai Yoga Massage
48. Thai Yoga Stretch
49. Thai Yoga Therapy
50. The Berry Method
51. Theraflex System
52. Trigger Point Therapy
53. Watsu
54. Yamuna Table Treatment
55. Zero Balancing

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