"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*