



NORTH CAROLINA BOARD of MASSAGE AND BODYWORK THERAPY

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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."

Based on previous Board opinions* in order to practice the following modalities a NC Board of Massage and Bodywork Therapy License is required (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. Gua Sha
10. Hot Stone Massage
11. Hydrotherapy
12. Infant Massage (unless exempt under NCGS 90-624)
13. Kiatsu
14. Lomi Lomi
15. Lymph Star Pro Machine
16. Lymphatic Drainage Machine (must be trained and competent)
17. Marma Point Therapy
18. Mayan abdominal massage (Arvigo)
19. Neurostructural Integration Technique
20. Ortho-Bionomy
21. Phytobiadermie Vacuum Suction Massage
22. Pregnancy Massage
23. Raindrop Technique
24. ReFaceology
25. Rolfing
26. Rossiter
27. Shiatsu
28. Shirodhara
29. Structural Integration
30. Synergie AMS Device
31. Thai Yoga
32. Thai Yoga Bodywork
33. Thai Yoga Massage
34. Thai Yoga Stretch
35. Thai Yoga Therapy
36. Theraflex System
37. Trigger Point Therapy
38. Watsu
39. Yamuna Table Treatment
40. Zero Balancing

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