

Virginia Board of Nursing

Guidance on Massage Therapy Practice

Documentation of Training and Education:

If modalities of bodywork and specialized massage are incorporated into massage therapy practice, the Board of Nursing recommends that the Certified Massage Therapist (CMT) maintain documentation of education and/or training in that area.

Appropriate Draping and Technique:

Areas that should be draped and not touched unless medically indicated for a condition referred by a physician, nurse practitioner or physician assistant and with the written informed consent of the client include: Anus, penis, testicles, scrotum, vagina, labia, clitoris, nipples, and areola.

Consent:

Signed parental consent is recommended for massage therapy clients under the age of 18 years.

County/City Requirements:

A CMT should be knowledgeable about local/city requirements in which they practice.

Use of Title of Massage Therapist:

Pursuant to Statute 54.1-3000 of the Code of Virginia, “*certified massage therapist*” means a person who meets the qualifications specified in this chapter and who is currently certified by the Board.

Pursuant to 18VAC90-50-10 of the *Regulations Governing the Certification of Massage Therapist*, “*certified massage therapist*” means a person who meets the qualifications specified in this chapter and who is currently certified by the board. Only someone who is certified by the board as a massage therapist may use any designation tending to imply that he is a certified massage therapist or massage therapist.