

## **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 Licensed Massage Therapist (LMT) maintain documentation of education 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, breast, nipples, and areola.

#### Consent:

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

#### County or City Requirements:

A LMT should be knowledgeable about local requirements in which they practice.

#### References:

[Va. Code § 54.1-3000](#) (see definitions related to massage therapy and massage therapists)

[Va. Code § 54.1-3008\(A\)\(7\)](#)