

**REVENUE:** No revenue impact

**FISCAL:** Minimal fiscal impact, no statement issued

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**Action:** Do Pass

**Vote:** 5 - 0 - 0

**Yeas:** George G., Kruse, Monnes Anderson, Verger, Morrisette

**Nays:** 0

**Exc.:** 0

**Prepared By:** Ilana Weinbaum, Administrator

**Meeting Dates:** 3/14

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**WHAT THE MEASURE DOES:** Exempts practitioners of reflexology from regulation by the State Board of Massage Therapists.

**ISSUES DISCUSSED:**

- History and practice of reflexology
- Benefits of reflexology
- Different training requirements for reflexology and full body massage
- Differing opinions about whether reflexology should be regulated
- Desire of the State Board of Massage Therapists to work with all massage/bodywork modalities to determine how best to fairly regulate all groups and protect public safety

**EFFECT OF COMMITTEE AMENDMENT:** No Amendment.

**BACKGROUND:** Reflexology is the practice of stimulating points on the feet, hands and ears, in order to encourage a beneficial effect on some other parts of the body. Reflexology is meant to restore balance to the body, in an effort to improve general health.

The Board of Massage Therapists regulates the practice of massage by licensing, establishing continuing education requirements, promoting education, administering tests to establish minimum competency to practice and enforcing professional behavior and standards. Currently, anyone wishing to practice reflexology in Oregon must be licensed by the Board of Massage Therapists. Minimum standards for licensure include 500 contact hours of certified classes in anatomy and physiology, kinesiology, pathology, hydrotherapy, theory and hands-on practice of massage and bodywork techniques and professional practices, including client communication and boundaries, professional and business ethics and sanitation.

Thirty-three states have exempted reflexology from state massage licensing requirements.