



State of Utah  
Department of Commerce  
Division of Occupational and Professional Licensing

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**Updated "Position Statement" as of December 11, 2012  
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The Division of Occupational and Professional Licensing and the Massage Therapy Licensing Board have reviewed the practice of Reiki to determine whether Reiki is a modality of massage therapy.

Utah Code Annotated Subsections 58-47b-102(6) and (7) state:

- (6) "Practice of massage therapy" means:
- (a) the examination, assessment, and evaluation of the soft tissue structures of the body for the purpose of devising a treatment plan to promote homeostasis;
  - (b) the systematic manual or mechanical manipulation of the soft tissue of the body for the purpose of:
    - (i) promoting the therapeutic health and well-being of a client;
    - (ii) enhancing the circulation of the blood and lymph;
    - (iii) relaxing and lengthening muscles;
    - (iv) relieving pain;
    - (v) restoring metabolic balance;
    - (vi) achieving homeostasis; or
    - (vii) other purposes.
  - (c) the use of the hands or a mechanical or electrical apparatus in connection with this Subsection (6);
  - (d) the use of rehabilitative procedures involving the soft tissue of the body;
  - (e) range of motion or movements without spinal adjustment as set forth in Section 58-73-102;
  - (f) oil rubs, heat lamps, salt glows, hot and cold packs, or tub, shower, steam, and cabinet baths;
  - (g) manual traction and stretching exercise;
  - (h) correction of muscular distortion by treatment of the soft tissues of the body;
  - (i) counseling, education, and other advisory services to reduce the incidence and severity of physical disability, movement dysfunction, and pain;
  - (j) similar or related activities and modality techniques; and
  - (k) the practice described in this Subsection (6) on an animal to the extent permitted by:
    - (i) Subsection 58-28-307(12);
    - (ii) the provisions of this chapter; and
    - (iii) division rule; or
  - (l) providing, offering or advertising a paid service using the term massage or a derivative of the word massage, regardless of whether the service includes physical contact.
- (7) "Soft tissue" means the muscles and related connective tissue.

Utah Administrative Code Subsection R156-47b-102(10) states:

- (8) "Manipulation" as used in Subsection 58-47b-102(6)(b) means contact with movement, involving touching the clothed or unclothed body.

Reiki is defined as a "spiritual healing art" that is performed on an individual by a Reiki Practitioner by "transmitting healing life force energy" through the hands.

It is the position of the Division that to the extent that Reiki is used as a "spiritual healing art" and does not involve the methods outlined in the scope of practice of Massage Therapy, then Reiki is not a modality of massage.

However, should a Reiki Practitioner while performing the "spiritual healing art" involve the use of any of the methods outlined in the scope of practice of Massage Therapy, then the Reiki Practitioner must be licensed as a Massage Therapist.