

**POLICY**  
**TENNESSEE MASSAGE LICENSURE BOARD**

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**REIKI AND ENERGY WORK**

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Massage is defined by statute as “manipulation of the soft tissues of the client with the intention of positively affecting the health and well being of the client.” T.C.A. § 63-18-102(3). Any person practicing massage for compensation must be licensed by the Tennessee Massage Licensure Board unless otherwise exempt. T.C.A. § 63-18-104.

The Board has been asked whether Reiki or other “energy work” (including but not limited to “healing touch therapy,” “quantum touch therapy,” etc.) constitutes the practice of massage in Tennessee. It is the Board’s opinion that any technique that does not include any touching of the body does not meet the definition of massage in Tennessee. However, the Board is aware that Reiki and other “energy work” often involves the practitioner touching the client’s body and manipulating the client’s soft tissues through various techniques. It is the Board’s opinion that any technique that does include such soft tissue manipulation constitutes the practice of massage in Tennessee, and the practitioner should therefore be licensed by the Board unless otherwise exempt pursuant to T.C.A. § 63-18-110.

**Adopted by the Tennessee Massage Licensure Board on  
February 6, 2017**