

Wendy Decker LMT  
<https://reflexologyandmassage.com/>  
[wendy@reflexologyandmassage.com](mailto:wendy@reflexologyandmassage.com)  
207-443-2572

4/9/2019

## **RE: LD 364-& SP 104: THE RIGHT TO PRACTICE COMPLEMENTARY & ALTERNATIVE HEALTH CARE**

Dear Senators and Representatives of the Health Coverage, Insurance and Financial Services Committee.

**The practice of reflexology would fall under this proposed law.** I am a licensed massage therapist and Board certified reflexologist in Bath. Currently reflexology is exempt from the Maine massage law, along with 30 other states. Four states have reflexology licensing and one has reflexology registration. Reflexologists support this bill, as it will help practitioners practice alternative or complementary health care without a license, and consumers will have the freedom to choose their services.

**Reflexology definition:** Reflexology is a stand-alone modality. Reflexology is the application of pressure to reflex maps found in the feet, hands, and outer ears. The techniques applied stimulate neural pathways and the relaxation response, to support the body to function optimally.

**Reflexology education is different from massage education:** Reflexology training programs in Maine have 300 hours that include anatomy, physiology, history, vocabulary, theories and techniques distinctly different than massage.

**The required disclosures of LD 364** are performed by most reflexologists in Maine. Their reflexology education and Code of Ethics prohibit them from holding themselves out to be medical providers. This, along with the quite reasonable disclosure requirements in sections 2 and 3 will be easy to continue.

**Request:** I support LD 364 as long as massage therapists are required to get licensed and not use this bill as a way to avoid licensing. I believe we need to keep massage therapists licensed and regulated. Thank-you.

Sincerely,

Wendy Decker LMT, NBCR

14 Walker St, Bath

Reflexology Organizations:

State: Maine Council of Reflexologists, MCR

National: Reflexology Association of America, RAA

National non-profit Certification Board: American Reflexology Certification Board, ARCB

Massage Association:

American Massage Therapy Association, AMTA