

| State | Massage Exemption* | License Required? | Penalty** | Law Last Reviewed | Notes | Yes | No | Maybe |
|----------------------|--------------------|---------------------------|---|-------------------|--|-----|----|-------|
| Alabama | No. | Yes, massage | Class C misdemeanor | 2022 | Alabama Specifically includes "Polarity Therapy" in the definition of massage. | 24 | 23 | 4 |
| Alaska | No | Yes, massage | Class B Misdemeanor | 2022 | | | | |
| Arizona | Yes | No | N/A | 2022 | Exemption Location: Title 32, Chapter 42, Article 2 § 32-4421.B.6 | | | |
| Arkansas | No | Yes, massage | Misdemeanor | 2022 | | | | |
| California | N/A | No | N/A | 2022 | State law required voluntary certification (law sunset on Jan. 1 2022). Local jurisdictions may have other restrictions. | | | |
| Colorado | Unclear | Probably Not | | 2022 | Exemption for "polarity bodywork therapy" was eliminated, however energy based work is allowed. See: https://dpo.colorado.gov/MassageTherapy/FAQ for additional information. | | | |
| Connecticut | No | Yes, massage | Class C misdemeanor | 2022 | | | | |
| Delaware | No | Yes, massage and bodywork | Enjoined from practice, public nuisance | 2022 | | | | |
| District of Columbia | Yes | No | N/A | 2022 | Exemption Location: District of Columbia Municipal Regulations Title 17, Chapter 25 § 7510.2 | | | |
| Florida | No | Yes, massage | Misdemeanor of the first degree | 2022 | | | | |
| Georgia | Yes | No | N/A | 2022 | Exemption Location: O.C.G.A. 43-24A-19 (2010) 43-24A-19. Exceptions | | | |
| Hawaii | No | Yes, massage | petty misdemeanor | 2022 | This provision is vague, although is unlikely to exempt Polarity Therapy: "...nor services by persons holding any valid license, permit, or certificate dealing with the healing arts" | | | |
| Idaho | Yes | No | N/A | 2022 | Exemption Location: Title 54, Chapter 40 § 54-4003 | | | |

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| Illinois | Yes | No | N/A | 2022 | Exemption Location: 225 ILCS 57/25 Sec. 25 | | | |
| Indiana | Yes | No | Class C misdemeanor | 2022 | Exemption Location: IC 25-21.8-4-5 | | | |
| Iowa | Yes | No | N/A | 2022 | Exemption Location: Chapter 152C § 152C.9.7 | | | |
| Kansas | N/A | N/A | N/A | 2022 | Kansas has no state-wide massage law. Localities may have massage laws. | | | |
| Kentucky | Yes | No | N/A | 2022 | | | | |
| Louisiana | No | Yes, massage | misdemeanor | 2022 | | | | |
| Maine | Yes | No | N/A | 2022 | Exemption Location: Title 32, Chapter 127 § 14307-2 | | | |
| Maryland | Unclear | Unclear | | 2022 | The way the definitions are written, we are included and excluded. Please consult a cognizant attorney prior to practicing. | | | |
| Massachusetts | Yes | No | N/A | 2022 | Exemption Location: Part 1, Title XVI, Chapter 112 § 228.(b) | | | |
| Michigan | Yes | No | N/A | 2022 | Exemption Location: MI Comp L § 333.17957 (2018) | | | |
| Minnesota | N/A | N/A | N/A | 2022 | Minnesota is a "Health Freedom" state and currently has no state-wide massage law. | | | |
| Mississippi | No | Yes, massage | Not identified | 2022 | | | | |
| Missouri | No | Yes, massage | Class A misdemeanor | 2022 | | | | |
| Montana | Yes | No | N/A | 2022 | Exemption Location: Title 37, Chapter 33, Part 4 § 37-33-404(5) | | | |
| Nebraska | No | Yes, massage | Not identified | 2022 | | | | |
| Nevada | No | Yes, massage, reflexology, or structural integration | Not identified | 2022 | | | | |
| New Hampshire | Yes | No | N/A | 2022 | Exemption Location: NH Rev Stat § 328-B:10 (2013) | | | |
| New Jersey | No | Yes, massage | Unclear | 2022 | | | | |

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| New Mexico | Yes | No | N/A | 2022 | Exemption Location: NM 61-12C-5.1. Exemptions. | | | |
| New York | Yes | Yes, massage | Class E felony*** | 2022 | Massage is defined as being "... for the purpose of improving muscle tone and circulation." | | | |
| North Carolina | Yes | No | N/A | 2022 | Exemption Location: Chapter 90, Article 36, § 90.624(7) | | | |
| North Dakota | Partial | No | N/A | 2022 | Light touch or tap only. Exception Location: Title 43 § 43-25-04.6 | | | |
| Ohio | No | Yes, massage | "For a first violation, impose a civil penalty of not more than five thousand dollars" | 2022 | "Q: Is a license required to practice reflexology, reiki, or polarity? A: A modality that involves the manipulation of the soft tissue for a therapeutic purpose constitutes massage therapy even if commonly known by another name. The practitioner must obtain a massage therapy license from the State Medical Board of Ohio." | | | |
| Oklahoma | No | Yes, massage | Misdemeanor | 2022 | | | | |
| Oregon | Yes | No | N/A | 2022 | Exemption Location: Chapter 687 § 687.031(B)(iii) | | | |
| Pennsylvania | Yes | No | N/A | 2022 | Exemption Location: Act 118 of 2008, Section 13.(6) | | | |
| Rhode Island | No | No | N/A | 2022 | Chapter 23-74 Unlicensed Health Care Providers. This Chapter allows Polarity Therapists to practice in RI. CRITICAL - All practitioners must comply with § 23-74-14 Unlicensed health care client bill of rights | | | |
| South Carolina | No | Yes, massage | "...a fine of no more than one thousand dollars" | 2022 | | | | |
| South Dakota | No | Yes, massage | Class 1 misdemeanor | 2022 | | | | |
| Tennessee | No | Yes, massage | Class B misdemeanor | 2022 | | | | |
| Texas | No | Yes, massage | Class B misdemeanor | 2022 | | | | |
| Utah | No | Yes, massage | Class A Misdemeanor | 2022 | | | | |

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| Vermont | No | No, State Registration is required | "...a civil penalty of not more than \$5,000.00." | 2022 | Licensing is not required, however registration with the State of Vermont is required. | | | |
| Virginia | N/A | N/A | N/A | 2022 | | | | |
| Washington | No | Yes, massage | Misdemeanor | 2022 | | | | |
| West Virginia | No | Yes, massage | Unclear | 2022 | Localities may also enact massage regulations. | | | |
| Wisconsin | Yes | No | N/A | 2022 | Exemption Location: Chapter 460 § 460.03 | | | |
| Wyoming | N/A | N/A | N/A | 2022 | Wyoming has no state-wide massage law. | | | |
| <p>Note: This information was not compiled by a lawyer or expert in law and is not to be considered legal advice. Please consult a cognizant attorney for definitive information on the legal practice of Polarity Therapy in your state or commonwealth.</p> | | | | | | | | |
| <p>* A "massage exemption" refers to the situation where Polarity Therapy is either explicitly or implicitly exempted from the state's massage law</p> | | | | | | | | |
| <p>** The "Penalty" listed is the penalty for practicing massage without a license. If a practitioner is charged with a different infraction, the penalty may be different.</p> | | | | | | | | |
| <p>*** The penalty for practicing any licensed profession in New York without a license is a class E felony.</p> | | | | | | | | |