

# NEVADA STATE BOARD OF MASSAGE THERAPIST

## SANITATION REGULATIONS

### MASSAGE ESTABLISHMENTS

#### NAC 640C.200

##### **Required facilities; sanitary and safety requirements. (NRS 640C.320)**

1. A massage establishment that provides vapor baths, steam baths or portable saunas must be equipped with adequate shower facilities.
2. A massage therapist shall ensure that:
  - (a) All portable saunas, showers, tubs, basins, massage or stam tables, combs, brushes, shower caps and any other equipment used in the massage establishment is cleaned and rendered free from harmful organisms by the application of a bactericidal agent;
  - (b) Any equipment that comes in contact with a client of the massage therapist is cleaned with soap or detergent and hot water and is sanitized before the equipment is used on another client;
  - (c) All equipment, furniture and fixtures, including, without limitations, tables used for massage, are clean and well-maintained;
  - (d) All electrical equipment used for the care of a client is clean and well-maintained and is listed to applicable standards and requirement by Underwriters Laboratories Inc., or approved by another Nationally recognized testing laboratory; and
  - (e) All hydrotherapy equipment is cleaned after each use, is well-maintained and is only used in the manner prescribed by the manufacturer of the equipment.

#### NAC 640C.210

##### **Lubricants; spa treatments, muds and body wraps. (NRS 640C.320)**

1. A lubricant used in the practice of massage therapy, including, without limitation, oil, soap, alcohol, powder, lotion, shampoo and salts, must be:
  - (a) Dispensed from a suitable container that prevents contamination; and
  - (b) Stored:
    - (1) Separately from cleaning supplies; and
    - (2) In a manner that prevents contamination and preserves the integrity of the lubricant.
2. A massage therapist shall sanitize a container used to dispense a lubricant each time before he refills the container.
3. A massage therapist may use spa treatments, muds and body wraps while practicing massage therapy if he considers and follows sanitary procedures in his use of those materials.

#### NAC 640C.220

##### **Exterior doors and windows; walls, ceilings and floors. (NRS 640C.320)**

1. Any exterior door and window in a massage establishment must be tight fitting and must effectively exclude insects, rodents and other vermin.
2. The walls, ceilings and floors in a massage establishment must be well-maintained and kept clean.
3. The floors of a room in a massage establishment that contains a toilet must be made of an impervious material that is nonporous or nonabsorbent.

#### NAC 640C.230

##### **Requirements for room in which massage therapy is practiced. (NRS 640C.320)**

1. A room in which massage therapy is practiced must:
  - (a) Be designed to provide privacy for the client;
  - (b) Have the capability of maintaining the air temperature in the room at 75 degrees Fahrenheit at a point 24 inches above the floor;
  - (c) Have sufficient ventilation and circulation to prevent objectionable odors; and

- (d) Have lighting fixtures which are capable of providing a minimum of 5 foot-candles of light at the floor level. Such lighting fixtures must be used when any cleaning operations are conducted in the room.
- 2. A room in which massage therapy is practiced must not be used simultaneously for massage therapy and any domestic purposes.

**NAC 640C.240**

**Towels, linens and gowns; single service items. (NRS 640C.320)**

1. After a towel, linen or gown has been used once in a massage establishment, it must be deposited in a receptacle provided for soiled towels, linens and gowns and must not be used again until properly laundered and sanitized.
2. After being laundered and sanitized, all towels, linens and gowns in a massage establishment must be stored on shelves or in compartments, cabinets or sealed plastic containers that are used only for that purpose.
3. Any items designed for a single service and all towels, linens and gowns furnished for the use of a client must be clean.

**NAC 640C.250**

**Massage therapists: Clothing and hygiene requirements. (NRS 640C.320)**

A massage therapist shall:

1. Wear clean opaque clothing and practice strict standards of personal hygiene while practicing massage therapy; and
2. Thoroughly wash his hands with soap and water or an alcohol liquid approved by the Board:
  - (a) Before and after providing massage therapy to each client; and
  - (b) After using the restroom.

**NAC 640C.260**

**Water Supply and water distribution system piping. (NRS 640C.320)**

1. A massage establishment must have an adequate supply of hot and cold running water that is safe and sanitary.
2. The interior piping in a water distribution system in a massage establishment must be installed and maintained in compliance with any applicable local building codes or ordinances prescribing standards for plumbing.

**NAC 640C.270**

**Bathing facilities. (NRS 640C.320)**

1. If a bathing facility other than a shower is used in a massage establishment, the bathing facility must:
  - (a) Have floors that are slip-resistant, easily cleaned and coved to a height of 4 inches;
  - (b) If an artificial surface made from resilient materials is used for the floor, be vacuumed with a wet vacuum frequently, to keep the floor clean and free from accumulated moisture;
  - (c) Have interior walls and ceiling finishes which are easily cleaned and are impervious to water; and
  - (d) If there is more than one bathing facility, be separated by a nonporous, nonabsorbent floor.
2. A massage therapist shall ensure that:
  - (a) An effective watertight joint between the wall and the floor is maintained in a bathing facility that is used in a massage establishment; and
  - (b) Any rubber or impervious mats that are used in the bathing facility are cleaned, sanitized and dried between uses.
3. If a shower is provided in a massage establishment, the shower must:
  - (a) Have compartments which are impervious to water to a height of 6 feet above the floor;
  - (b) Have a floor that is furnished with a non-slip impervious surface; and

(c) Have tempered glass or acrylic glass doors if the doors are made of glass or a substitute for glass.

4. A massage therapist shall ensure that all bathing facilities provided for use in a massage establishment satisfy the requirements of chapters 444 of NRS and NAC.

5. As used in this section:

(a) "Bathing facility" includes, without limitation, a spa, shower, bathtub, sauna and steam bath.

(b) "Spa" means a pool primarily designed for therapeutic use which is not drained, cleaned or refilled for each user. The term includes units which employ hydrojet circulation, hot water, cold water, mineral water, air induction bubbles or any combination thereof.

**NAC 640C.280 Disposal of sewage and liquid waste. (NRS 640C.320)**

All sewage and liquid waste generated by a massage establishment must be disposed of in a municipal sewage system where such a system is available. If a municipal sewage system is not available, sewage and liquid waste must be collected, treated and disposed of in compliance with the provisions of chapters 444 of NRS and NAC and any applicable local regulations which govern the subsurface disposal of sewage.

**NAC 640C.290 Garbage and Refuse. (NRS 640C.320)**

Garbage and refuse on the premises of a massage establishment must be:

1. Kept in containers which are easy to clean and well-maintained; and
2. Disposed of in a sanitary manner.

**NAC 640C.300 Toilets and lavatories. (NRS 640C.320)**

1. A sanitary toilet must be provided in each massage establishment.

2. Lavatories with an adequate supply of hot and cold water under pressure must be conveniently located for use by the employees and clients of a massage establishment.

3. Any room in a massage establishment that contains a toilet must:

(a) Have doors that are capable of being fully closed and locked from the inside; and

(b) Be kept clean, in good repair and free from flies, insects and vermin.

4. A supply of soap in a covered dispenser, single-use or disposable towels in a dispenser and a waste receptacle for proper disposal of the towels must be provided in each lavatory.

5. A supply of toilet paper on a dispenser must be available and conveniently located next to each toilet provided in a massage establishment.

**NAC 640C.310 Maintenance: Duties of massage therapist. (NRS 640C.320)**

A massage therapist shall ensure that the massage establishment in which he engages in the practice of massage therapy is:

1. Kept clean and free of litter or rubbish; and
2. Maintained in a neat and orderly manner.

**NAC 640C.350 Advertisements to include license number of massage therapist. (NRS 640C.320)**

Any advertisement for the practice of massage therapy must include the license number of the massage therapist to which the advertisement pertains.

**NRS 640C.450 Display of license; replacement licenses.**

1. Each licensee shall display his or her original license in a conspicuous manner at each location where the licensee practices massage therapy. If a licensee practices massage therapy in more than one place, the licensee must carry the

original license with him or her and display it wherever he or she is actually working.

2. A licensee shall obtain a replacement of the original license from the Board if the licensee's:

- (a) Original license is destroyed, misplaced or mutilated; or
- (b) Name or address as printed on the original license has changed.

3. To obtain a replacement license, the licensee must:

- (a) File an affidavit with the Board, on the form prescribed by the Board, which states that the licensee's original license was destroyed, misplaced or mutilated or that his or her name or address as printed on the original license has changed; and
- (b) Pay the fee prescribed by the Board pursuant to NRS 640C.520.  
(Added to NRS by 2005, 1129; A 2009, 2578)

You can contact the Nevada State Board of Massage Therapists:

Reno  
NSBMT  
1755 E. Plumb Lane Suite 252  
Reno, NV 89502  
Phone: LV (702) 486-2212 / Reno (775) 688-1888  
Fax Reno: (775) 786-4264

**PLEASE NOTE:**

**UNDER NRS 640C IT IS A MISDEMEANOR TO PRACTICE OR ADVERTISE MASSAGE THERAPY WITHOUT A  
CURRENT VALID NSBMT MASSAGE LICENSE**