



October 21, 2024

**VIA E-MAIL: [nvmassagebd@lmt.nv.gov](mailto:nvmassagebd@lmt.nv.gov)**

State of Nevada  
Massage Therapy Board  
1755 E. Plumb Ln. #252  
Reno, NV 89502

***RE: Letter Opposing Changes to NAC §640.340***

Dear Members of the Nevada State Board of Massage Therapy,

I was recently notified of a change to NAC §640C.340 which would effectively outlaw breast massage. As a lawyer representing Therapie LLC, and as one of its clients, I submit this letter in opposition to the proposed change that would prohibit massage therapy on the breasts.

As a native Las Vegas, and as a business attorney, I understand and empathize with the state agencies that must wield a heavier hand in certain arenas that can be sexualized. For example, modeling agencies must be licensed as employment agencies to curtail fronts for prostitution. The massage therapy industry comes under even heavier scrutiny because of bad actors. However, it is incumbent upon the regulatory agencies and their boards to consider unintended consequences of regulations that on their face appear to solve the problem.

This regulation in particular would have far-reaching negative unintended consequences, potentially limiting access to a clinically important therapeutic modality. Breast massage, when performed by licensed and properly trained professionals, is a non-sexual, health-focused technique with significant therapeutic benefits, particularly for women recovering from breast cancer or other breast-related health conditions.

Breast massage plays an important role in promoting proper lymphatic drainage. The lymphatic system is crucial for maintaining healthy circulation and removing toxins from the body, and this technique supports the body's natural healing processes by reducing lymphatic congestion. This is especially valuable for individuals recovering from breast cancer surgery, where lymphatic flow may be compromised due to lymph node removal or scarring. By facilitating drainage, breast massage can help alleviate lymphedema and reduce swelling.

Furthermore, breast massage can help minimize scar tissue formation, especially for post-surgical recovery. Scar tissue can restrict movement, cause discomfort, and impair the function of surrounding muscles and tissues. Regular therapeutic massage helps release adhesions, improve the range of motion, and decrease discomfort associated with post-surgical scarring. It is a technique often recommended by healthcare providers as a complementary therapy to conventional medical treatments for breast cancer recovery and other conditions affecting the breast and surrounding tissue.

CORPORATE CONSIGLIERE

2620 REGATTA DR., SUITE 102 | LAS VEGAS, NV 89128 | 702.485.1200 | BONGIOVILAW.COM

October 21, 2024

Page 2

Breast massage is also an effective technique for managing pain and improving mobility for individuals experiencing tightness or tension in the chest, shoulders, and upper back, which can sometimes radiate from or be associated with breast health issues. It can help relieve discomfort caused by conditions such as postural imbalances or strain due to breastfeeding.

I myself have experienced the benefits of breast massage from a trained professional, who herself is a breast cancer survivor. Sally Spurgeon, founder of Therapie LLC, has developed her own modality of breast massage which she teaches nationwide to licensed therapists. Sally introduced me to the concept of breast massage and presented me with a written waiver that included a comprehensive explanation of the modality. Having consented to the treatment, I did not feel uncomfortable in any way and in fact experienced relief of some blockages in my lymphatic system that went undiscovered even through OB/GYN annual exams, mammograms, ultrasounds, and even when I underwent a needle biopsy for a lump in my breast and met with an oncologist.

I respectfully urge the Board to reconsider the proposed regulation change to prohibit breast massage. Outlawing this modality could negatively impact many individuals who rely on licensed massage therapy to support their overall health and recovery from breast-related conditions. Rather than an outright prohibition, I suggest developing specific guidelines that ensure breast massage is conducted safely, ethically, and professionally by qualified massage therapists. This approach will help preserve the accessibility of this valuable therapeutic practice while addressing any concerns regarding misuse.

Thank you for your time and attention to this matter. I hope you will take these considerations into account and recognize the importance of breast massage as a health-promoting practice that contributes significantly to the well-being of many.

Respectfully,



Gina Bongiovi