

**From:** [Jennifer Johnson](#)  
**To:** [Nevada Board of Massage Therapists](#)  
**Subject:** Clarification and Concerns Regarding NAC 640C.340 - Draping Requirements  
**Date:** Monday, October 21, 2024 11:55:17 AM

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**October 21, 2024**

Nevada State Board of Massage Therapy  
1755 E. Plumb Lane, Suite 252  
Reno, NV 89502

Dear Members of the Nevada State Board of Massage Therapy,

My name is Jennifer Johnson, and I am the former Senior Director of Programs for The Chopra Center, founded by Dr. Deepak Chopra. I am writing in strong support of Sally Spurgeon and The Spurgeon Method, and to advocate for maintaining processes that allow women the right to give written consent for massage directly on breast tissue.

In 2017, The Chopra Center added breast massage using The Spurgeon Method to our regular offerings. As a world-renowned wellness and medical center, we served individuals from across the globe, many of whom sought comprehensive care that addressed all stages of health, including recovery from illness. The introduction of breast massage allowed us to fill a significant gap, offering an essential service for people managing diverse health challenges, including those in post-recovery or addressing long-standing issues related to breast health.

Through this method, we educated women about the importance of breast health, helping them confront both new and long-term concerns with greater confidence. The feedback we received was overwhelmingly positive—many of our guests expressed deep gratitude for the relief and support they found through this practice. Some clients even traveled from distant locations specifically for breast massage treatments. Inspired by these results, other therapists completed the Spurgeon Method training and brought the practice to their own communities, spreading this healing modality across the country, while working collaboratively with their respective massage boards.

It is critical to emphasize that breast massage, particularly in the context of health challenges or recovery, necessitates the option of working on bare breast tissue with client consent. There are many variables involved in breast health, including identifying potential issues, assessing tissue, and safely applying treatment. The Spurgeon Method equips therapists with specialized training in these areas, along with guidance on effective communication with clients and their medical care teams, when appropriate. This collaborative approach has allowed many women

to experience a level of healing and support that was previously unavailable to them.

The opportunity for women to make informed decisions about their own bodies, and to consent to breast massage, is essential. The Spurgeon Method exemplifies the highest standards of professionalism, consent, and care, ensuring that both safety and healing are prioritized.

I respectfully urge the Board to recognize the significant value that this type of specialized care brings to women's health and to continue allowing licensed therapists the ability to offer this service under informed and explicit client consent.

Thank you for your attention to this important matter. I am happy to provide any additional information or participate in further discussions to ensure the continued provision of breast massage as a therapeutic and preventive practice.

Sincerely,  
Jennifer Johnson  
Former Senior Director of Programs, The Chopra Center

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