

## **Cheryl Bengston**

Cheryl studied Massage Therapy in Phoenix, Arizona and has been practicing massage therapy since 2004. Cheryl has brought back with her to Montana, numerous techniques which she incorporates into every massage creating an experience that is intentional and specific to each of her clients needs. In addition to being passionate about her work as a massage therapist, and seeing as she grew up just outside of Glacier National Park in West Glacier, Montana, its obvious to see why Cheryl loves the outdoors.

Trained in-

- Cranial Sacral Massage
- Reflexology
- Shiatsue Massage
- Russian Sports Massage
- Accupressure
- Swedish Massage
- Deep Tissue Massage
- Prenatal Massage