

Services

Skilled hands provide a wonderful combination of relaxing and stress relieving techniques

1 Hour Massage

1 1/2 Hour Massage

1/2 Hour Massage

Swedish Massage

Acupressure

Deep Tissue

CranioSacral Therapy

Reflexology

Reiki

Pregnancy Massage

Chair Massage

Coastal Therapeutic Massage
Cheryl Garnant, LMT SC # 1506
1113 24th Avenue South
North Myrtle Beach, SC 29582

843-902-7687

coastaltherapy@msn.com



Coastal Therapeutic Massage

Cheryl Garnant, LMT
Professionally Licensed Since 1985
Nationally Certified; SC License # 1506
Professional Member:
American Massage Therapy Association

coastaltherapy@msn.com
www.coastaltherapeuticmassage.com

Appointments available
in my office or at your place

843-902-7687

Coastal Therapeutic Massage Cheryl Garnant, LMT SC #1506

Coastal Therapeutic Massage
is a lovely, quiet retreat for both locals
and visitors.

Some sessions are designed simply to
soothe, giving the enjoyment of an
hour or more totally attuned to you.

Other sessions give special attention
to your particular needs. My expertise
in massage helps make a marked
improvement for discomfort from:

injuries
strains
tension
headaches
neuropathy
TMJ
fibromyalgia
carpal tunnel

Other benefits of a session are:

improved circulation
elimination of toxins
strengthened immune system
increased flexibility & range of motion

I have been professionally licensed
for over 20 years. My initial training
was in Swedish, acupressure, and deep
tissue techniques. I further specialized
in CranioSacral Therapy, Reflexology,
Reiki, & Neuromuscular Re-education.
In addition, I am Certified in Pregnancy
Massage.

Techniques

SWEDISH MASSAGE uses a system of
long strokes, kneading, and friction
techniques on superficial and deep layers
of muscle. You choose whether it is
gentle or strong.

ACUPRESSURE is an Oriental-based
system of applying finger pressure to
"trigger points" along acupuncture
meridians—the invisible channels along
which energy flows in the body. Blocked
energy at these points causes physical
discomfort and imbalance. Applying
pressure here helps break the cycle of
spasm and pain.

DEEP TISSUE MASSAGE affects chronic
patterns of tension through deep, slow
strokes and finger pressure, either
following or going across the grain of
contracted muscles, tendons, and fascia.

CRANIOSACRAL THERAPY (MYOFASCIAL
RELEASE) involves sustained stretching
of muscle and fascia. Fascia is the
connective tissue between layers of
muscle, and between muscles, bones,
and organs. Stretching the fascia helps it
"unwind" from trauma, enabling freedom
of movement. This also improves the
flow of spinal fluid within the spinal cord
and the head.

REFLEXOLOGY is organized around a
system of points on the hands and feet
that, when stimulated, reflex to and relax
all areas of the body.

REIKI is a gentle, hands on,
non-pressure technique which helps to
calm and soothe areas of stress, and
speeds recovery from injury & surgery.

PREGNANCY MASSAGE focuses on
pregnancy and postpartum comfort.

Specials

Specially priced Gift Certificates
are offered for:

Christmas
Valentine's Day
Mother's Day
Father's Day

Also for
Anniversaries
Birthdays
Thank yous!

Call or email for appointments
and Gift Certificates

coastaltherapy@msn.com

843-902-7687

COMMENTS

"My lower back doesn't hurt any more.
I feel great!" Alex, Myrtle Beach

"I've been looking forward to seeing
you again all year!" Sandy S., St. Louis

"The pain is gone! I'd had it for
months. Thank you." John B., Boston