

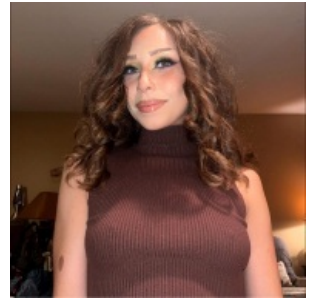
# Curriculum Vitae

**Female**

**D.O.B. 02 December 1996**

**Number of years working in industry:**

**5 years 9 months**



**Candidate ID Number:** 106895

**Nationality:** American

**Language Skills:**

Fluent: English

**Permitted to work in:** USA - United States

**Position Sought:** Spa Consultant, Massage Therapist, Holistic Therapist, Complementary Therapist

## Personal Statement

I'm a compassionate, motivated person who thrives when helping others feel better in their bodies and lives. Right now, my goals are to grow as a holistic health practitioner, build a stable and fulfilling career in massage therapy, and continue improving myself personally and professionally.

## Employment History:

**January 2022 - July 2024 - Massage Therapist** at (most recent employer hidden for confidentiality) Chicago, IL, USA - United States, (Home/Mobile)

### Duties included:

Provided personalized therapeutic massage sessions to a diverse clientele, focusing on pain relief, stress reduction, and holistic wellness.

Specialized in modalities including deep tissue, reflexology, hot stone, and myofascial release.

Managed day-to-day business operations including client bookings, marketing, and customer service.

Cultivated lasting relationships through consistent, compassionate care and professional rapport.

### Products worked with:

Biotone

**December 2019 - April 2021 - Massage Therapist** at Niagara Crossing Hotel and Spa, Lewiston, Ny, USA - United States, ( Hotel Spa)

### Duties included:

Body treatments, couples massage, reflexology

Opening and closing spa

Receptionist duties, scheduling, processing payments

Swedish, Deep Tissue, Aromatherapy

Laundry, flipping rooms

Cashing people out, rebooking appts

**Products worked with:**

n/a

**August 2018 - July 2019 - Massage Therapist** at Hand and Stone, Wheaton, IL, USA - United States, (Day Spa)

**Duties included:**

Performed 30, 60, 90 minute sessions

himalayan salt stones & hot stones

scalp massage and hand/foot treatments

4-5 massages a day

**Products worked with:**

Dermalogica

**February 2018 - January 2019 - Massage Therapist** at Indigo Hotel, Naperville, IL, USA - United States, (Day Spa)

**Duties included:**

Performed 6-7 massages a day

Body treatments

Sports massage, couples massage, deep tissue

Continuing education

Product knowledge

**Products worked with:**

Dermalogica

Elemis

**August 2017 - August 2018 - Massage Therapist** at Cortiva Institute, Joliet, IL, USA - United States, (Hospital / Medical Clinic)

**Duties included:**

80 Hrs Student Clinic

Targeted treatments

SOAP Notes

Postural assessments

Tailored treatments

**Products worked with:**

Biotone

Bon Vital

**Education and Qualifications:**

**2018 Various spas and CEU providers**

Certificates

Sports Massage/PNF stretching

pre-natal/maternity massage

himalayan salt stones

hot stones

aromatherapy

swedish

deep tissue

postural assessments

CBD

Ayurvedic massage

reflexology

**2018 Cortiva Institute of Massage Therapy**

MBLEX

**2016 University of Iowa**

## **Vocational Qualifications**

CPR/First aid

## **Hobbies and Interests**

Yoga

meditation

hiking

dancing

reading

astrology

hospitality

customer service

CV created at [www.spastaff.com](http://www.spastaff.com)

