



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

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