

# Curriculum Vitae

**Female**

**D.O.B. 26 April 1975**

**Number of years working in industry:**

**32 years 2 months**



**Candidate ID Number:** 11185

**Nationality:** British

**Language Skills:**

Fluent: English

Basic: Spanish, French

**Permitted to work in:** UK - United Kingdom

**Position Sought:** Massage Therapist, Holistic Therapist

## Personal Statement

I am a well-organised, reliable person with excellent communication skills who is used to working within tight deadlines. I am enthusiastic and committed individual; I use my initiative and thrive on new challenges and pride myself on attention to detail. I also enjoy both team interaction but have confidence and self-motivation to carry out tasks individually.

Seeking work in Europe and open to other international opportunities.

## Employment History:

**October 1995 - Present - Massage Therapist** at (most recent employer hidden for confidentiality) Private Clients, UK - United Kingdom, (5 Star Hotel Spa)

### Duties included:

I have spent 20 years working in health spa's and retreats. I carried out an extensive range of treatments and responsibilities over the years.

I currently practise Holistic Massage to wealthy professional celebrity private clients in their own homes and accompanying them to their holiday homes.

I am a member of the Federation of Holistic Therapists and therefore fully insured.

### Products worked with:

Thalgo, Elemis, Guinot, E'spa, Aveda, Dr. Hauschka,

Clarins, Tisserand, Aromatherapy Associates, Hopi Ear Candles, Jessica,

**Career Break** - own business 2004-2009

**January 2002 - January 2004 - Holistic Therapist** at The Spa at Mandarin Oriental Hotel / Hyde Park. , London, UK - United Kingdom, (5 Star Hotel Spa)

### Duties included:

Practising Holistic treatments in confidence to celebrities.

Techniques include, LaStone Therapy, Reiki, Aromatherapy & Holistic Massage.

**Products worked with:**

Espa

**Career Break** - Traveling

**January 1997 - July 2000 - Senior Therapist** at Holmes Place Health Club / Crouch End, London, UK - United Kingdom, (Health Club)

**Duties included:**

Head Hunted from my previous placement to practice all massage techniques at this establishment. I also helped administer the set up of Holmes Place Health club in Hendon with my knowledge in business skills whilst in employment. I also assisted the spa manager in the training of new recruits to enable the standards to be met to enhance the prestigious of the Holmes Place chain.

I practised all Beauty Therapy techniques and Massage.

**Products worked with:**

Thalgo, Jessica, Guinot, St Tropez

**July 1995 - January 1997 - Head Therapist** at Laboratory Spa / Muswell Hill, London, UK - United Kingdom, (Day Spa)

**Duties included:**

Practicing all beauty therapy treatments and techniques. Dealing with client bookings via telephone, email and at reception. I also trained new recruits together with Nitya Lacroix to meet the standards of the establishment.

**Products worked with:**

Thalgo, Sothys, Sixtys, Jessica, Guinot, St Tropez, Mavala, Australian Bodycare.

**December 1993 - July 1995 - Trainee Beauty Therapist** at Gemini Beauty, Winchmore Hill, London, UK - United Kingdom, (High Street Salon)

**Duties included:**

Practicing beauty therapy skills as trainee whilst at college.

**Products worked with:**

Clarins, Sixtys,

**Education and Qualifications:****2016**

Qualifying in 1995 as a Beauty Therapist I soon gained certifications in Aromatherapy, LaStone Massage and Reiki I & II attunement to follow my path in natural holistic massage therapy. In 1996 I qualified in Holistic Massage, personally trained by world renowned massage guru and leading author Nitya Lacroix in London.

I have worked in many spas and health clubs in the UK and Europe, as well as the famous Spa at The Mandarin Oriental, Hyde Park, London.

Since 2004 I have been practicing holistic massage and facials to private clients in the comfort of their own home. I successfully built up a large private client base in the North London area. My client base were wealthy professionals and celebrities. I moved to the east coast in 2009 to pursue a more relaxed way of life and I am now delighted to be offering my services in Suffolk.

I use a variety of techniques to relax muscles, increase oxygen in the blood and release toxins from muscles. There is considerable body of evidence that shows the benefits of regular massage in the relief of stress and

associated symptoms such as anxiety, depression, headaches and insomnia. I use a variety of bespoke massage techniques inspired by lomi lomi, thai yoga massage and eastern acupressure.

I am a member of the Federation of Holistic Therapists and therefore fully insured.

Heather specialises in Holistic Massage, Reiki, Deep Tissue Massage and Thalgo Marine Facials.

**2002 LaStone Therapy, Jane Scrivner**

La Stone Therapy Original Body. IMA, ABMP, AMTA.

LaStone Therapy - The Original Hot Stone Massage.

Thirty hour instructional program given by Jane Scrivner.

**2002 Usui School of Reiki Healing**

Second Degree of Reiki Healing

Attuned to Usui Shiki Ryoho

**2001 Usui School of Reiki Healing**

First Degree of Reiki

Attuned to Usui Shiki Ryoho.

**1996 The School of Holistic Massage, Nitya Lacioux**

Advance Diploma Holistic Massage

Holistic Massage

**1996 Hertford Regional College**

NVQ III Aromatherapy

**1995 Hertford Regional College**

Beauty Therapy City & Guilds NVQII

**Product Training:**

**April 2002 Espa**

London

Espe 5 day product knowledge and treatment training course. Distinction.

**January  
1998**

**Jessica**

London

Jessica Education Level Two

**November  
1995**

**Thalgo**

London

Product knowledge and training in Face and Body treatments. Have also been back several times for additional training. I also have a personal reference from the managing director.

**November  
1995**

**Jessica**

London

Jessica Education Level Two.

**November  
1995**

**Sothys Paris**

London

Advanced Therapy, Sothys Techniques.

**March  
1994**

**Clarins**

London

Basic Facial techniques and product knowledge

**Vocational Qualifications**

Business Administration NVQ Level II, Business IT, First Aid at Work, Emergency First Aid, Manual Handling,

## Hobbies and Interests

Yoga, Reading, Walking, Swimming.

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

