

# **Curriculum Vitae**

**Female**

**D.O.B. 11 March 1971**

**Number of years working in industry: 24 years 1 month**

**Candidate ID Number:** 11214

**Nationality:** British

**Language Skills:**

Fluent: English

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

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

## **Personal Statement**

My goal is to work within a luxury spa offering my holistic/spa therapy skills. I am passionate in my work and offer the highest level of professionalism at all times.

My current aim is to add ITEC Beauty Therapy to my resume which, I hope will increase my ability to work within the Health and Beauty industry.

I am a caring, confident and sucessful individual and I am looking forward to finding a suitable posistion in a location where my skills will be allowed to shine.

## **Employment History:**

**September 2009 - Present - Holistic Therapist** at (most recent employer hidden for confidentiality) Leeds, West Yorkshire, UK - United Kingdom, ( Hotel Spa)

### **Duties included:**

As self employed I offer a full range of holistic treatments such as

Aromatherapy,Reflexology, Indian head massage and Reiki. As a Reiki master I offer level one and two courses.

I am also responsible for all aspects of self employment from marketing, booking appointments, cash handling and book keeping.

### **Products worked with:**

At present as I am self employed I prefer to buy quality essential oils which are sourced locally.

I then take a client consultation and from there blend the appropriate oils to suit my individual clients needs.

### **Career Break - Job hunting**

**July 2008 - March 2009 - Complementary Practitioner** at Self employed, Luxor, Egypt, ( Hotel Spa)

### **Duties included:**

I developed a Bedouin tent style treatment area inside the hotel complex, working closely with management we designed leaflets to promote the therapy area.

I was responsible for booking appointments and performing each treatment. I performed Aromatherapy, Indian head massage, Reflexology and Reiki.

**Products worked with:**

As a self employed therapist I prefer to work with locally sourced essential oils, which are then blended to compliment individual clients.

**September 2007 - May 2008 - Complementary Practitioner** at Yin Yang, Glastonbury, UK - United Kingdom, (High Street Store)**Duties included:**

Yin Yang is a small family owned business in Glastonbury and carries a wide range of healing crystals and jewelery, it also has a treatment area so I was responsible for retail sales, customer service, and cash handling.

I also performed holistic therapies such as Aromatherapy/Swedish massage and Reiki.

**Products worked with:**

I worked with essential oils blended to suit each individual client and the oils were all locally sourced.

**March 2006 - August 2007 - Massage Therapist** at Waterfall Spa, leeds, UK - United Kingdom, (Day Spa)**Duties included:**

I performed Aromatherapy/Swedish massage, Hot stone therapy, body wraps and scrubs and also worked within the Rasoul chamber with cleansing mud and steam treatments.

**March 2004 - January 2006 - Spa Consultant** at Steiner Ltd, Alaska, USA - United States, (Cruise Ship)**Duties included:**

My main duties included Aromatherapy/Swedish massage, Reflexology, Reiki, Hot Stones, Body wraps and scrubs and Hawaiian Lomi Lomi.

**Products worked with:**

Elemis

**January 2002 - February 2004 - Massage Therapist** at U4EA, leeds, UK - United Kingdom, (High Street Store)**Duties included:**

Duties included Aromatherapy/Swedish Massage, Reflexology, Reiki, Body wraps and scrubs,

I was also required to take appointments, payments via cash and card and responsible for opening and closing the store.

**Products worked with:**

Dermalogica

**Education and Qualifications:****2010 Isis Therapy Training Centre**

Diploma

Reiki Master

Thai seated massage

**2003 Leeds Central collage of Health and Beauty**

Diploma

VTCT Complementary Therapy including Aromatherapy, Reflexology, Indian head massage, Reiki

## **2001 Leeds Central College of Health and Beauty**

Diploma

ITEC Anatomy, physiology and body massage

## **1988 Lawnswood High School**

English, Human Biology, Maths, Art, Geography

### **Product Training:**

#### **May 2006 Elemis**

Steiner ltd training academy, London

Before embarking on the first cruise ship I spent eight weeks in London learning all about Elemis products, I needed to have a good understanding of each product so each treatment could be performed and the client would then receive excellent after care advice. I also received some basic training in seminars, sales and new massage techniques.

#### **February**

#### **2002 Dermalogica**

Leeds collage of health and beauty

I was trained to use Dermalogica during my time at collage.

### **Vocational Qualifications**

I have a certificate for level one and two Interior Design

I have a diploma in level one Colour Therapy

I have attended adult education classes to study Art and Photography

### **Hobbies and Interests**

I enjoy Yoga, Swimming, Pilates, Drawing and Photography.

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