

# **Curriculum Vitae**

**Female**

**D.O.B. 08 April 1985**

**Number of years working in industry: 19 years 9 months**

**Candidate ID Number:** 11225

**Nationality:** British

**Language Skills:**

Fluent: English

Basic: Spanish, French, Italian

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

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

## **Personal Statement**

My best qualities would be my ability to interact with all levels of people no matter who they are I manage to find a connection with them. I am a very honest genuine person that always works as hard as I can.

My life goals are to be happy and to find a career in doing what I love which is to benefit others by delivering treatments to people.

Seeking work in UK, on a cruise ship and other international opportunities.

## **Employment History:**

**September 2009 - Present - Complementary Therapist** at (most recent employer hidden for confidentiality) Bristol, UK - United Kingdom, (Health Club)

### **Duties included:**

Performing Complimentary therapy treatments to members and non members of the gym. Full medical/lifestyle consultations were carried out before treatments. Treatments included Therapeutic massage, Aromatherapy and Reflexology.

### **Products worked with:**

Creating my own blends of Aromatherapy oils using horizontal and vertical blending techniques. Products were obtained from Essentially oils.

**September 2009 - July 2010 - Holistic Therapist** at Clifton therapy centre, Clifton, Bristol, UK - United Kingdom, (High Street Salon)

### **Duties included:**

Receptionist duties were carried out including receiving phone calls, emails, taking bookings and promoting the therapy centre. Treatments delivered involved therapeutic massage, Aromatherapy and facials. This included treating clients at the therapy centre and away from the centre at pamper days. Cleaning of the rooms and laundry work were also carried out.

### **Products worked with:**

A french company Algologie which were used to perform facial treatments.

**April 2006 - August 2009 - Massage Therapist** at Xhilarate, London, UK - United Kingdom, (Health Club)

**Duties included:**

Delivering onsite massages to people at events, casinos and offices. The work was carried out individually often working towards a set cash target. All also helped deliverer training to new staff members.

**April 2008 - September 2008 - Complementary Therapist** at Women and Health Clinic, Camden, London, UK - United Kingdom, (Hospital / Medical Clinic)

**Duties included:**

This was a voluntary work placement which was carried out within my University summer holiday. This involved treating members of the public with Aromatherapy and Reflexology treatments.

**Products worked with:**

Using essential oils to create individual blends specific to the client needs.

**September 2007 - July 2008 - Complementary Therapist** at University of Westminster, London, UK - United Kingdom, (Hospital / Medical Clinic)

**Duties included:**

In my final year of University myself and my colleagues performed treatments to members of the public within the University polyclinic. We gave full consultations, treatments and were observed by members of the class. We offered each other feedback in order to improve upon our skills as practitioners.

**Products worked with:**

Own blending with aromatherapy essential oils.

**Education and Qualifications:**

**2010 Bristol nail and beauty training school**

One day course in warm wax application and theory

Two day facial course

**2008 Westminster University**

BSc 2:1 Health sciences: Complementary therapies (hons)

**Product Training:**

**December 2009 Algologie**

In house training from the Clifton therapy centre

Practical demonstrations in performing different types of facials depending upon the clients needs. Theory was given on the products and their components.

**Vocational Qualifications**

Qualifications -

3 star alpine snow award, took part in a BT swimathon and an oxfam fast. Grade 4 piano, grade 3 violin.

Experiences-

Took part in a seven week volunteering programme in the Galapagos islands, Ecuador.

Taught in Cambodia and travelled South East Asia as part of my year out between college and university.

## **Hobbies and Interests**

Complementary therapies, reading up on new treatments, new research and evidence, making lotions at home, updating and improving upon my medical knowledge and how to apply this to treatments.

Fitness such as yoga, swimming, kickboxing and running.

Baking and making new recipes, bread and houmous.

Reading up on the latest travel destinations.

Painting landscapes and portraits.

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

