

# Curriculum Vitae

Female

**D.O.B. 19 July 1985**

**Number of years working in industry:**

**17 years 9 months**



**Candidate ID Number:** 11263

**Nationality:** British

**Language Skills:**

Fluent: English

**Permitted to work in:** Spain, Portugal, Italy, Greece, Cyprus, UK - United Kingdom

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

## Personal Statement

My best qualities

I have acquired many life skills whilst undertaking my degree and from my experience in the spa industry these include:

- Expressing a high level of maturity, knowledge, reliability, responsibility and self discipline.
- Exhibiting and maintenance of professionalism including ethics
- A high standard of verbal, written and non verbal communication
- Establishing rapport, respect and trust within my field
- Demonstrating a sense of humour, self esteem and self motivation that I am in control, confident, courteous, optimistic and transfer energy onto my client in order for them to achieve their required goal(s).

I am interested in all aspects of complementary therapies however I have a strong passion and desire in Aromatherapy and massage therapy. Moreover adapting, being flexible and having a positive approach to whatever I do are natural to me.

I am very interested in working abroad as I feel this will allow me to gain further skills and experience. Strengths such as initiative, determination, flexibility and communication skills i.e. cultural backgrounds and overcoming language barriers I believe will significantly increase my future career development opportunities. I am looking forward to a new challenge and have great confidence that working abroad will not only allow me to acquire more advanced knowledge in my field but will encourage me to grow as a person, for example it will give me a sense of freedom, improve my independence and help make lasting friendships all over the world. Ultimately, I trust that emigrating will improve my lifestyle thus encountering new experiences and cultures.

Seeking work in International Locations.

## Employment History:

**September 2010 - Present - Travel spa therapist** at (most recent employer hidden for confidentiality) London Heathrow, UK - United Kingdom, (Product Company)

### Duties included:

Elemis travel spa offers treatments to first class and business class passengers whom are flying with British Airways. Elemis offers a range of 15 minute treatments these consist of:

1 Customised flying facials

2 stress-away shoulder and scalp massage

3 exotic hand and arm re-energiser

4 flying feet massage

all of these treatments are performed in a intelligent massage chair, which begins by stretching and measuring the clients' spine to customise the massage in order to benefit the client physical concerns. in additon the client has the choice between two setting from the chair these are as follows

1 relax and sleep easy (a relaxing massage)

2 recharge and stretch out (a deep and vigorous massage)

the intelligent massage chair covers the client neck, shoulder, back, buttocks, calves and feet. Performing techniques such as effluerage, petrissage, heat therapy,heat vibrations, kneeding, tapping, rollers and shiatsu pressures.

Elemis also offer a spot on power back massage which is a fully clothed back massage whereby the client comfortably kneels upright on a shiatsu chair and a customised massage routine is carried out. the therapist will also perform the unique Elemis 'cooling hot stone' massage technique, the choice of three aromatherapy essential oils are offered to inhale as part of the treatment these are:

1 lime essential oil to help to re-energise and awaken the client

2 lavender essential oil to introduce relaxation and calming purposes

3 rosewood for mood balancing

A pure lime hot compress is offered for the client to freshen hand and face whilst abdominal breathing is encouraged to help relax and rejuvenate.

my other duties include:

- uniform to be worn and should be cleaned ironed and well presented at all times
- shoes should be cleaned with no heels
- fresh make up to be worn and cleaned hair must be tied back
- nails to be well manicured and natural colours can be worn
- jewellery to be small and discreet and no visible tattoos to be shown
- personal hygiene is of the highest importance
- no eating
- spa bar unit should be clean and tidy
- all tops of bottles must be wiped clean inside and out
- product replenished if nearly empty
- sample draws replenished
- ensure the bins are empty
- ensure tissues and cotton wool are stocked up
- all literature to be kept neat and tidy and kept to a minimum
- clean palettes and surrounding areas with a damp cloth and tea tree SOS spray
- remove any damaged bottles or tubes or products with the names worn off
- remove any compress from the cabbie to take to the laundry, remove water tray, empty, wipe over and replace, wipe around the side of the cabbie door and open for the night.
- at the start of the day switch on the hot cabbie and fill with mitts and stones
- lavender neck rolls must be placed in hot cabbies
- prep dry cotton wool, instant refresing gel in bowls
- switch on the chair and ipods
- at the end of the day switch off hot cabbie
- leave out lavender neck roll to air dry
- wash stones in hot soapy water
- wipe all products with tea trea
- leave chair tidy dressed with towels and clean blankets and pillows
- turn off the chair
- check stock for replenishment

#### **Products worked with:**

Elemis spa is a British brand which uses their own range of products. Elemis offers something as close to nature as possible with maximum results, the brand is seen as the most innovative leader in advanced phyto- therapy and aromatherapeutic spa and skincare formulation. Organic essentials oils, revolutionary absolutes, medicinal herbs and clinically proven collagen boosting seaweed extracts transfer the purest form of living energy to the skin.

The elemis range includes the following:

- daily skin health
- skin solutions
- age maintenance
- time for men
- body solutions

- home spa bathing
- treatment fragrance
- sunwise
- elemis spa-therapy treatments
- skin, body and lifestyle programme

**September 2008 - November 2010 - Massage Therapist** at The Sanctuary day spa, London, Covent Garden, UK - United Kingdom, (Day Spa)

**Duties included:**

- To encourage relaxation and restore balance to clients' mind, body and soul
- to create and maintain exceptional customer care and retail skills.
- to obtain and keep an overview of clients' state of being and health history, to acknowledge any problem areas and contraindications to treatments i.e via client consultation forms.
- to provide a comprehensive range of treatments to an excellence standard.
- to strictly adhere to the department dress code and to achieve the sanctuary's high standard of presentation.
- to read all memos and newsletters filed in the treatment areas in order to uphold knowledge of the sanctuary's treatments and offers.
- to be punctual and participate in regular team meetings.
- to educate clients regarding homecare advice and treatments
- to ensure that all therapy rooms and waiting areas comply with the health and safety regulations
- to attend any training course provided by the sanctuary to improve skills
- to portray a positive and professional attitude at all times.

**Products worked with:**

- The sanctuary's professional range
- Aromatherapy associates
- La sultane de saba
- Mela
- Kuan jin
- zibu
- Mande lular
- Bidadi
- Kyphi
- Mum to be range

**May 2008 - November 2009 - Complementary Therapist** at Lewisham Health clinic, London, lewisham, UK - United Kingdom, (Hospital / Medical Clinic)

**Duties included:**

in this I worked along side General practitioners (GP) as an acting manager performing Aromatherapy massage. my duties consisted of supervising university students and manage the overall performance of the staff in my department. the students objectives were to choose a blend of essential and carrier oils to suit patients needs whether it be emotional such as depression, anxiety or physical for example whiplash. I recorded each clients notes to their patient file and stating the outcome of the session and the oil which was chosen and used. My role as a manager was also to identify any problems, creating choices, and providing alternative courses of action. Supervise and manage the overall performance of staff in the department

**Products worked with:**

- Pure Aromatherapy

**Education and Qualifications:**

**2008 The university of Greenwich**

Bachelor of science BSC Honours Degree in Complementary Therapies- Aromatherapy

- Complementary therapies- Aromatherapy route

**2005 The college of North East London**

Advanced level (A level)

- English literature
- Business studies and economics
- General studies

**2003 Harrow college**

NVQ level 2 in beauty therapy.

NVQ level 3 in beauty therapy

## **2001 whitefield secondary school**

communication studies, double science, English language, English literature, food technology, french, history, mathematics, music and physical education.

## **Product Training:**

### **September 2010 Elemis brand**

Elemis steiner Ltd training centre

The training was practical and theory. I learnt about the history of elemis, each individual product was broken down learning the ingredients, benefits, contraindications and usage. lastly i was taught the practical methods when using each individual product and which products work in conjunction with each other.

### **February 2009 La sultane de saba**

The sanctuary day spa

I learnt the history of the products and the ways in which they were founded. I learnt the ingredients in each of the products, the benefits and contraindications. I was then taught the methods used to carry out 1 hour and 85 minute treatments in the sanctuary day spa.

### **February 2009 Aromatherapy associates**

The sanctuary day spa

I completed training in the specialist real Aromatherapy experience and the sanctuary aroma bliss. The product that I was trained in was in conjunction with aromatherapy associates pre-blended oils.

### **September 2008 Pure Aromatherapy**

The university of Greenwich

the training was theory and practical. Initially I learnt about the background of essential oils and the ways in which they are founded. I learnt about the journey of each oil, the benefit and contraindications. Over the 3 years of my university experience I visited many companies to learn the ways in which essential oils are distributed. the practical consisted of me blending essential oils with carrier oils in order to benefit a clients emotional or physical needs over a period of time this allowed me to assess each clients improvement after a number of treatments.

### **June 2007 Aromatherapy and allied practitioners association (AAPA)**

the university of greenwich

The training was a workshop teaching acupressure for therapists which counted for 7 hours/units towards the aromatherapy and allied practitioners association(AAPA) for continuing professional development .

## **Vocational Qualifications**

- GCSE's
- Advanced level English literature, general studies, business and economics.
- Critical thinking and writing summer course

## **Hobbies and Interests**

I am a very hard working and confident person whom is always open to new challenges. I enjoy working as part of a team as I believe other peoples' knowledge and expertise are equally important, as well as relying on my own initiative. In addition to this it is imperative for me to remain open minded in order for me to make the most of any opportunity I undertake. Ultimately I desire to continue learning and gaining knowledge as I feel this will enable me to physically and mentally excel in life.

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