

Curriculum Vitae

Female

D.O.B. 11 February 1980

Number of years working in industry: 4 years 4 months

Candidate ID Number: 11416

Nationality: British

Language Skills:

Fluent: English

Basic: French

Permitted to work in: Sweden, Spain, Slovakia, Romania, Portugal, Malta, Italy, Greece, France, Finland, Estonia, Austria, UK - United Kingdom

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

Personal Statement

I am an articulate, honest and reliable person who enjoys meeting new people and taking on new challenges. I have passion in everything I do and I am very eager to develop my knowledge within holistic healing. I love to learn new ideas and learn quickly.

Seeking work in International Locations.

Employment History:

August 2009 - March 2010 - Holistic Therapist at (most recent employer hidden for confidentiality) Cornwall, UK - United Kingdom, (5 Star Hotel Spa)

Duties included:

Performing Ayurvedic treatments and consultations at a very busy Ayurvedic Spa within the 5* eco Scarlet Hotel. I was promoted to Head Therapist within a months employment. Prior to administering the treatments I carried out in depth Dosha Consultations. I gave Abyanga Full Body Massage, Vishesh Deep Tissue Full Body Massage, Udvartana Weight Management Powder Massage, Pindasveda Poultice Massage, Shirodhara Oil Flow, Shiroabyanga Indian Head Massage, Pristhabhyanga Back Massage, Padabhyanga Foot Massage, Hastabhyanga Hand Massage, and Mukhabhyanga Face Massage. I was also trained in facials, body wraps, scrubs, manicures and pedicures. Some of the treatments were conducted on a hammam. I also became familiar with the appointment system gum nuts.

Products worked with:

Tri Dosha

Pukka Herbs

Voya

February 2009 - August 2009 - Holistic Therapist at Ayurveda Retreat, Reading, UK - United Kingdom, (Day Spa)

Duties included:

Performing Ayurvedic treatments on clientele for relaxation and healing purposes. My treatments include Abyanga Full Body Massage, Vishesh Deep Tissue Full Body Massage, Udvartana Weight Management Powder Massage, Pindasveda Poultice Massage, Shirodhara Oil Flow, Shiroabyanga Indian Head Massage, Pristhabhyanga Back Massage, Padabhyanga Foot Massage, Hastabhyanga Hand Massage, and Mukhabhyanga Face Massage. I also trained on reception and run the spa for a month taking appointments and payments with the use of the programme Salon Active, this also involved cashing up and locking up at the end of each day.

Products worked with:

Pukka Herbs

Ayura

Career Break - Traveling

August 2008 - December 2008 - Holistic Therapist at River Valley Lodge, Taihape, New Zealand, (Hotel Spa)

Duties included:

Doing Holistic Treatments in the Hotel Spa. These Treatments included Thai Yoga Massage, Thai Fresh Herbal Poultice Steam Bath Massage, Aromatherapy, Reflexology, Holistic Massage and Reiki. General cleaning and setting up of Salon as well as some basic Admin.

Products worked with:

ILA

Career Break - Traveling

March 2008 - June 2008 - Massage Therapist at Nimo Yoga Studio, Chiang Mai, Thailand, (Health Club)

Duties included:

I worked closely with Yoga Students applying Thai Yoga Massage Techniques in order to improve posture, flexibility and Yoga Practise in General. I also led several Meditation Groups, which included Gi Gong practise and Vipassana Techniques, as well as chakra balancing.

Products worked with:

Thai Herbs

March 2007 - April 2008 - Complementary Therapist at Royal Berkshire Hospital, Berkshire, UK - United Kingdom, (Hospital / Medical Clinic)

Duties included:

I worked with Macmillan Nurses at the Cancer section of the Hospital offering Aromatherapy, Reflexology, and Reiki to Cancer Patients after finishing their Chemotherapy Course. These therapies were for duration of five treatments over five weeks for each patient. I also had patients transferred to me from surrounding surgeries.

Products worked with:

I used my own products from different companies and sources, alot of my products were bought from Neals Yard.

July 2005 - January 2007 - Complementary Therapist at Lister Natural Health Practise, Cornwall, UK - United Kingdom, (Health Club)

Duties included:

After my first year of studying Complementary Therapies, I was able to practise Holistic Massage and Reiki. Once I had completed my course I practised all the therapies I was able to. I had to do my own marketing and build a client base, which eventually with the help of the other therapists I was able to do with success. There was general cleaning and admin responsibilities to complete as well.

Products worked with:

Neals Yard Aromatherapy Oils

Career Break - Training - industry-related

Education and Qualifications:

2009 Tri Dosha

Level 3

Ayurveda

2008 Sunshine Network

level 3

Thai Yoga Massage

2005 Tim White

Masters

Reiki

2006 University of Plymouth

FdSc Foundation Degree Complementary Therapies - Merit

ITEC Aromatherapy - Credit

ITEC Reflexology - Credit

ITEC Holistic Massage - Credit

ITEC Anatomy and Physiology - Credit

2002 London College of Fashion

HND Specialist Make-up - Merit

Product Training:

August 2009

Spa Ritual

Scarlet Hotel

Training to use Spa Ritual products for the use of manicures and pedicures.

August 2009

Voya

Scarlet Hotel

Training received by Voya with seaweed products conducting body wraps, facials, scrubs, and hammam treatments.

August 2009

Tri Dosha

Scarlet Hotel

Intense training period with the company Tri Dosha in order to use their products and Ayurveda treatments.

February 2009

Ayura and Pukka Herbs

Ayurveda Retreat

I was trained in Ayurveda Treatments with Ayura Products and herbs by Pukka Herbs.

January 2004

ILA

Lido

Learning the history and making behind ILA products as well as being trained in several different Asian Massage techniques, as well as LOMI LOMI Hawaii massage.

Vocational Qualifications

'The Scarlet', as a newly opened Hotel, was subject to a lot of media attention, and I performed treatments on the visiting journalists, from which I received several commendations. I have attached a few of the links here for your consideration:

http://www.timesonline.co.uk/tol/travel/good_spa_guide/article6826392.ece

<http://www.goodspaguide.co.uk/spas/reviews/271-Scarlet-Spa.cfm>

<http://www.telegraph.co.uk/travel/destinations/europe/uk/6161140/North-Cornwall-In-which-we-surf.html>

I have also had training with the company ILA where I received training in Asian Treatments as well as LOMI LOMI Hawaiian Massage.

Hobbies and Interests

My main interests are my therapies, which is my passion, also travelling new places and getting to know the Indigenous people to learn new techniques of healing and a different way of life. I love the out doors and own a boat which I live on the river with. I regularly camp out and hike. I am an active person who enjoys practising Yoga and dance on a regular basis. I am very creative and enjoy making things with recycled materials, usually involving clothing, slippers and hats.

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