

Curriculum Vitae

Female

D.O.B. 15 August 1989



Number of years working in industry:

17 years 1 month

Candidate ID Number: 11495

Nationality: British

Language Skills:

Fluent: English

Good: Vietnamese

Permitted to work in: Malta, UK - United Kingdom

Position Sought: Spa Manager, Spa Co-ordinator, Assistant Manager, Treatment Manager / Spa Trainer, Massage Therapist, Holistic Therapist, Yoga / Pilates Teacher, Spa therapist

Personal Statement

I have taken some time off therapies to start a family and pursue a marketing/blogging profession. Now having had two children and recently completing my kids and family yoga teacher training, I would like to get back into therapies and will be currently working as a self employed mobile holistic therapist offering family and kids yoga, massages, facials, manicures and pedicures.

Employment History:

February 2018 - Present - Yoga / Pilates Teacher at (most recent employer hidden for confidentiality) London, UK - United Kingdom, (Home/Mobile)

Duties included:

Kids and family yoga classes and workshops.

Career Break - Maternity/Paternity leave

January 2009 - December 2011 - Holistic Therapist at Devonshire Spa, Buxton, UK - United Kingdom, (College)

Duties included:

Commercial work experience (unpaid) sessions are taken place whilst studying at the University of Derby Buxton

Here are a list of my duties:

- Perform Face and Body treatments
- Occasionally reception duties
- Retail selling to meet targets
- General maintenance and operational duties
- Any other duties set by manager

I also took part in many marketing and promotional events on behalf of the spa including a fairtrade charity tea, wellness week event and many others.

Products worked with:

Elemis, Dermalogica, Nailtiques, Orly

June 2010 - August 2011 - Nail Technician at NailSpa, London, UK - United Kingdom, (High Street Salon)

Duties included:

Performing manicures, pedicures and gel polish nail services. I also had to maintain cleanliness of the salon and greeted incoming customers, showing them to their therapists. I also had to upsell services during treatments and had built up my own regular clientele at the salon.

Products worked with:

CND Shellac, Essie polish, OPI polish

Career Break - Training - industry-related

April 2010 - May 2011 - Senior Therapist at Devonshire Spa, Buxton, UK - United Kingdom, (Day Spa)

Duties included:

I started working on the weekends as part of an Elite wellness team. This is paid work separate to the commercial work experience. Duties are the same as above:

- Perform Face and Body treatments
- Occasionally reception duties
- Retail selling to meet targets
- General maintenance and operational duties
- Any other duties set by manager

Products worked with:

- Elemis
- Nailtiques
- Dermalogica
- Orly

Education and Qualifications:

2012 University of Derby Buxton

Degree

International Spa Management

2010 Trained in house

Not certified

CND Shellac gel manicure and pedicure

2010 University of Derby Buxton

VTCT Level 3

Indian Head Massage

2010 Trained in house

Not certified

- Elemis body treatments - deep tissue massage, pregnancy massage, hot stone massage, body wraps, body exfoliation, foot welcome ritual
- Elemis face treatments - skin specific facial, advanced anti-ageing facials

2010 University of Derby Buxton

VTCT Level 2

Manicure and Pedicure

2009 Trained in house

Not certified

Dermalogia facials

2008 Shooters Hill Sixth-Form College

A Level:

- Business Studies (C grade)
- Art (B grade)

AS Level:

- Accounting (D grade)

2005 Blackheath Bluecoat School

GCSE:

- Math - C grade
- English - B grade
- Science double award - Cc grade
- Business Studies double award - Cc grade
- Art - B grade
- Geography - D grade
- Music - C grade

Product Training:

May 2010 Elemis

University of Derby Buxton

Face:

- All skin specific facials
- All skin solutions facials
- Advanced facials - Visible Brilliance and Tri-Enzyme Resurfacing facial

Body:

- Deep tissue body massage
- Deep tissue back massage
- Total glow tan application
- Cellutox and Musclelease Wraps

Exotics:

- Frangipani body nourish wrap/float
- Exotic Lime & Ginger salt scrub
- Coconut rub and milk bath ritual

Advanced:

- Hot Stone Massage
- Mother-to-Be massage
- Fennel mask and colon cleansing therapy

May 2010 CND Shellac

In house training with NailSpa

on the job training performing CND Shellac gel manicures and pedicures

May 2010 Nailtiques

University of Derby Buxton

- Manicures
- Pedicures

(paint with Orly nail polishes)

May 2010 Dermalogica

University of Derby Buxton

Dermalogica:

- Face treatments

Vocational Qualifications

- Kids and Family Yoga
- First Aid at work
- IT skills including basic web design
- Digital marketing including SEO and content writing
- Blogging
- Email marketing

Hobbies and Interests

- Yoga
- Pilates
- Fitness
- Drawing/Illustration
- Cooking
- Baking

CV created at www.spastaff.com

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