

Curriculum Vitae

Female

D.O.B. 08 February 1986

Number of years working in industry:

15 years 10 months



Candidate ID Number: 116445

Nationality: British

Language Skills:

Fluent: English

Basic: French

Permitted to work in: UK - United Kingdom

Position Sought: Spa Manager, Senior Therapist, Beauty Therapist, Massage Therapist, Holistic Therapist, Complementary Practitioner, Yoga / Pilates Teacher

Personal Statement

I enjoy working diverse roles that require many different hats. I am highly resourceful and a great communicator. I enjoy orchestrating projects and delegating effectively. I love motivating others with vision.

A strength I am told is that I can easily create a professional yet fun working environment for others. I take pride in creating beautiful warm spaces.

Seeking work in international locations

Employment History:

August 2014 - August 2024 - Spa Co-ordinator at (most recent employer hidden for confidentiality) Weekend Retreats, UK - United Kingdom, (Hotel Spa)

Duties included:

I ran exclusive retreats for women with chronic illness. These varied from home juicing retreats to 5 star luxury villas. The retreats included spa treatments, naturopathic medicine and yoga. I orchestrate the whole process from marketing the places, recruiting fine practitioners, organising the schedule and delivering a 5 star service including after care and maintenance.

- I run an online health and wellbeing website.
- I have a clinical Naturopathic medicine practice and run private yoga retreats. - I present talks empowering individuals to take responsibility for their health

Products worked with:

Elemis

Pevonia

Aromatherapy associates

Guinot

Anantara

October 2014 - July 2015 - Nutritionist at Nuffield Gym , Nuffield Gym, Cambridge, UK, UK - United Kingdom, (Hospital / Medical Clinic)

Duties included:

Nutritional therapist duties

- I worked alongside GP's and Physiotherapist in the medical clinic treating patients with Nutritional medicine.
- I conducted corporate seminars on health and wellness

Products worked with:

Nutritional biomedical products

February 2008 - January 2013 - Massage Therapist at Dr Dot VIP Massage, Massage therapist/ Aesthetician, Australia, (5 Star Hotel Spa)

Duties included:

I worked on tour and back stage with famous rockbands. Often I would do mobile massage in their hotel rooms.

- As a contractor I worked exclusively with high profile clientele, such as international musicians on tour.

-I provided individual massage, facials and nutritional therapy to meet the demands of high performance driven lifestyles.

- This involved a high level of organization of the band, managers and crew into timeslots.

Products worked with:

Own products or clients products

February 2007 - January 2008 - Spa Consultant at Hilton Hotel , Sensory Spa, Hilton Hotel, Sydney, Australia, (5 Star Hotel Spa)

Duties included:

- As Spa Therapist I performed body therapies and aesthetician treatments for high status clients using a variety of Payot, Pevonia and Aromatherapy Associate products.
- I gained advanced sales experience and proficiency in a high functioning spa

Products worked with:

Aromatherapy Associates

Pevonia

Payot

Education and Qualifications:

2024 Endeavour College of Natural Health, Melbourne

B.H.Sc

Degree of Naturopathy

2006 London College of Beauty and Make Up

CIBTAC, CIDESCO

CIBTAC, C|IDESCO

2013 Endeavour College of Natural Health

Bachelor Of Health Science (Naturopathy)

2006 London College of Beauty and Make up

CIBTAC

CIDESCO

Vocational Qualifications

IT skills
Baby massage
Diploma of Nursing
Yoga 200 hours
Yoga Nidra
Yoga therapy
Sound healing/movement as medicine

Hobbies and Interests

I love watersports and being in nature. I practice meditation daily. I am a people person I enjoy leading groups in the spa and in nature.

CV created at www.spastaff.com

SPA STAFF.COM
