

# 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

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**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](http://www.spastaff.com)

