

# Curriculum Vitae

**Female**

**D.O.B. 12 September 1974**

**Number of years working in industry: 27 years 9 months**

**Candidate ID Number:** 11881

**Nationality:** Indonesian

**Language Skills:**

Fluent: English

Basic: Javanese

**Permitted to work in:** Indonesia

**Position Sought:** Senior Therapist, Beauty Therapist, Massage Therapist, Nail Technician

## Personal Statement

I have been working in the spa industry for more than 10 years, and most of the time I'm placed as a trainer, I'm really proud of it and I think I have the good quality in teaching and delivering the treatment procedures to the trainee. My life goal is to give the best I can to all people around me and make my family happy and proud of me.

### Professional Skills

#### Ayurvedic Therapy

\* Ayurveda (shirodara) \* Abhyanga Treatment \* Swedana massage

\* Pizzicilli treatment \* Ayurvedic scalp and face massage

#### Massage Therapy

\* Deep tissue massage \*Shambala massage \*Synchronies 4 hand massage

\* Hawaiian Lomi-Lomi \*Aroma Swedish massage \*Balinese massage

\*Thai massage \*Bamboo Massage \*Vietnamese (Cupping) massage

\*Oriental massage \*Hawaiian La Stone \*Reflexology

\*Candle Massage \*Jet Lag Recovery \*Back, Neck & Shoulder

\*Indian head massage \*Lymphatic massage \*Traditional Hamm am Treatment

\*Radiance Hand treatment

#### Facial Care

\* Aromatherapy Facial \* Traditional Facial (Biokos product)

\* Cathiodermie Facial by Rene Guinot \* Signature facial (shiffa product)

\* Purity facial (sodashi product) \* Signature Facial by Six Senses product

\* Luxury Hot and Cold stone facial \* Hydracure facial by Germae capuccini

\* Golden flash lifting( Kobido) by Golden Pyramide \* Purifying by Therae product

\* Elemis

#### Nail Care

\* Manicure, Pedicure \* French Manicure, Pedicure \* Waxing (Under arm, Full legs, Back)

#### Body Care

\* Contouring Wrap \* Packages \*Body Scrub and Body Wrap

\* Cellutherapy wrap by lilian therey \* Exotic wrap by Germae Capuccini

Slimming Treatment by machine

\*Ultra alfa concept \*Cacy \*Ultrasound

\*Vacuum \*Pressure therapy

Seeking work in the Caribbean.

## Employment History:

**December 2012 - Present - Senior Therapist** at (most recent employer hidden for confidentiality) Riyadh, Saudi Arabia, (5 Star Hotel Spa)

### Duties included:

Massage Specialist

**November 2011 - December 2012 - Treatment Manager / Spa Trainer** at Six Senses Spa, Puntacana Resort & Spa, Puntacana, Dominican Republic, (5 Star Hotel Spa)

### Duties included:

Coordinated day to day operations, supervising all staff members

- Trained, led and motivated fellow therapists and support staff
- Served as communications liaison between all departments
- Improve guest satisfaction scores
- Handle spa Induction

### Products worked with:

Sodashi

Shiffa

**September 2007 - March 2010 - Massage Therapist** at Six Senses Sharq Village and Spa Doha , Doha, Qatar, Qatar, (5 Star Hotel Spa)

### Duties included:

Responsible for main job of therapist

- Make sure the treatment room are clean, tidy and stock up
- Responsible to train new staff and new treatment to all spa therapists.
- Organize Monthly training report
- Up sale product retail

Various type of massage ( Balinese Massage, Swedish Massage, Deep Tissue Massage, Oriental Massage, Thai massage, Hawaiian lomi2, Hamam, Ayurvedic treatment, Reflexology, 4 hand massage, Indian Head massage, Hot Stone massage, Cupping massage, Energizing massage)

Manicure

Pedicure

Body Scrub

Body Mask

August 2009: Received a letter appreciation of perfect attendant services at Sharq Hotel and Spa.

**Products worked with:**

Facial ( Sodashi, Shiffa, Chatiodermie by Rene Guinot, Elemis, Decleor, Biokos Martha tilaar, Aromatherapy facial, Dermalogica )

**Career Break** - Traveling

**May 2006 - May 2007 - Massage Therapist** at Como Sambala at cocoa Island Reosrt, Maldives, Maldives, (5 Star Hotel Spa)

**Duties included:**

- Responsible for main job of therapist
- Make sure the treatment room are clean, tidy and stock up
- Update guest profile
- Up sale product retail
- Up sale Treatment packages

**Products worked with:**

Facial ( Sodashi, Shiffa, Chatiodermie by Rene Guinot, Elemis, Decleor, Biokos Martha tilaar, Aromatherapy facial, Dermalogica )

**Career Break** - spending time with Family

**December 2003 - May 2006 - Senior Therapist** at Dunive Spa, Meera Island,, Maldives, (5 Star Hotel Spa)

**Duties included:**

- Responsible for main job of therapist
  - Make sure the treatment room are clean, tidy and stock up
  - Responsible to train new staff and new treatment to all spa therapists.
  - Organize Monthly training report
- Up sale product retail

**Products worked with:**

As above

**May 1997 - December 2003 - Spa Supervisor/Trainer** at Mandara Spa, Bali, Indonesia, (5 Star Hotel Spa)

**Duties included:**

- Staff Scheduling
- Train the new staff in all Mandara treatment, policy and procedure
- Training monthly Report
- Revise training manual
- Giving the refresher training to the all staff in Mandara spa outlet

March 2000 awarded Best Employee of the Month

**Products worked with:**

As Above

**March 1996 - March 1997 - Senior Therapist** at Mandara Spa, Bali, Indonesia, (5 Star Hotel Spa)

**Duties included:**

- Responsible for main job of therapist
- Make sure the treatment room are clean, tidy and stock up
- Sometime Helping in receptionist
- Prepare the product that need for the treatment

**Products worked with:**

As above

**Education and Qualifications:**

**1997**

Certificate  
Thai Massage

**1997**

Certificate  
Ayurvedic Training

**1997**

Certificate  
Reiki Training

**1994 Hotel and Tourism Training Institute ( Focusing in Pastry and Bakery)**

Pastry and Baking

**Product Training:**

**September  
2003**

**Elemis, D'cleor, Biokos Marthatilaar**  
Mandara Spa Bali

The training began with skin analysis, contra indication, product knowledge, demonstration by the trainer, and hand on hand training.

**September  
1997**

Mandara Spa, Bali  
September 1997 : Given training as a trainer  
Sept- Dec 1996: Train in all Massage Basic

**Vocational Qualifications**

Qualified in Pastry and bakery

**Hobbies and Interests**

music, swimming, dancing, sport and cooking

