

# Curriculum Vitae

**Male**

**D.O.B. 02 May 1983**

**Number of years working in industry:**

**19 years 8 months**



**Candidate ID Number:** 12708

**Nationality:** Indian

**Language Skills:**

Fluent: English, Tamil, Malayalam

Good: Hindi

Basic: Japanese

**Permitted to work in:** UAE - United Arab Emirates, Maldives, India

**Position Sought:** Spa Consultant, Spa Director, Spa Manager, Spa Co-ordinator, Assistant Manager, Treatment Manager / Spa Trainer, College Tutor, Yoga / Pilates Teacher

## Personal Statement

- To be recognized as a Spa-Director in the future with international experience in a world class spa and wellness organization, who is known for its excellence and leadership in the spa industry and a company that has a distinctive concept, a philosophy that supports the preservation of environment and with an objective of caring for and improving the overall wellness of its guests. My inspiration and passion has always been leading a team of dedicated and inspired individuals who love to serve people. My interest and experience is on indigenous, original, and life-changing therapies using only pure and nature products for the treatments.

## Employment History:

**November 2012 - Present - Pre-Opening Spa, Health Club and Wellness Manager** at (most recent employer hidden for confidentiality) Song Saa Private Island #108e1 Street 19 Phnom Penh, Cambodia, Cambodia, (5 Star Hotel Spa)

### Duties included:

To directly manage the spa, health club and wellness Pre-opening operations of Song Saa Sanctuaries at Songsaa Pvt. Island, oversee the operations and ensure that consistent operational practices are established and maintained. To ensure the smooth operation of Spa and all related guest services. To continue developing guests spa experience, new treatments and retreats, and other spa and wellness ideas for the guests and the local community. Also deliver creative yoga lessons.

**November 2008 - October 2012 - Spa Supervisor** at Fourseasons Hotels and Resorts, Maldives, Maldives, (5 Star Hotel Spa)

### Duties included:

- Directly responsible for the day to day operations in the Spa. Working alongside with Spa Manager to act as shift leader/Asst Manager; leads and motivates team, and promote teamwork. Upsell treatments and services Handle and resolve guest concerns and notify management accordingly. Also deliver creative yoga classes.

**January 2008 - November 2008 - Spa Therapist and Part time Yoga Teacher** at Fourseasons Resort, Landaa Giravaaru, Baa Atoll, Maldives, (5 Star Hotel Spa)

**Duties included:**

- Provides professional treatments to the guests including but not limited to massages, facials and body treatments and recommends further treatments to the guests who address their concerns and preferences. Also deliver creative traditional yoga classes including asana, pranayama, mudras and Bandhas, meditation and shatkarmas.

**October 2006 - December 2007 - Spa Attendant** at Fourseasons Resort, Landaa Giravaaru, Baa Atoll, Maldives, (5 Star Hotel Spa)

**Duties included:**

Responsibilities of the cleanliness of Spa. It's having 10 treatments room salon and Yoga pavilion. Also preparing products for Therapists and give a helping hand after the treatments. Take ownership of Spa retail area as a Retail attendant.

**August 2006 - September 2006 - Holistic Therapist** at Rajah Healthy Acres (Ayurvedic Hospital and Rejuvenation Center, Palakkad, Kerala, India, (Hospital / Medical Clinic)

**Duties included:**

- Provide Ayurvedic treatments to the patients in the hospital and to the guests in the Rejuvenation center. Work alongside with Pharmacist to provide medicines to In-Patients and Out-Patients.

**February 2006 - July 2006 - Spa Therapist (Internship)** at Fourseasons Resort, Kuda Huraa, Maldives, (5 Star Hotel Spa)

**Duties included:**

- Learn and provide western treatment includes aroma massage, Balinese massages and other Body treatments to the Resident Guest.

**Education and Qualifications:****2013 Indian Board of Alternative Medicines, India.**

Bachelor of Alternative Medicine System (B.A.M.S – A.M) (Pursuing Doctorate Degree in 2015)

Anatomy & Physiology, Pathology

Health & Hygiene, Gynecology & Obstetrics

Medical Jurisprudence, Practice of Medicine

Aroma Therapy, Massage Therapy

Reiki Healing, Reflexology

**2011 Ananda Spa Institute, Hyderabad, India**

Diploma in Spa Management

Role of a Spa Manager to ensure the smooth operations.

Business Awareness Studies, Sales & Marketing

Leadership, Effective Spa operational,

Communication, General management,

**2011 CIBTAC, United Kingdom**

CIBTAC Diploma in Anatomy, Physiology and Body Massage with 97%

Anatomy & Physiology, Hygiene and Nutrition

Swedish Body massage

Consultation, Pre & Post Treatment care

## **2011 Front office Training**

Front office Training

Basic functions of Front of the house,

Check in and Check out process

Handling guest complaints.

## **2010 Four Seasons Hotels & Resorts**

Supervisory Development Program

Manager's Role, Perception in the workplace, Business Management.

Train the Trainer, Communication and interviewing skills, Group problem solving.

Coaching Skills, Stress & Time Management, Profit & Loss statements,

Effective Disciplinary skills, Labor standards.

## **2010 Four Seasons Resort Kuda-Huraa, Maldives**

Designated Trainer (Learning Coach)

To strengthen the coaching skills,

To create a team of highly motivated staffs resulting in achievement of targeted goals.

Positive coaching environment, coaching style to use.

## **2009 Art of Living Centre, Bangalore, India**

Art of Living Course

Self-awareness and Self-Management,

Breathing techniques and Meditation

## **2009 ROCAM, London**

Certificate in First Aid

Basic tools of First Aid, Handling a Medical Emergency

Cardiac Emergency, Wounds and Bleeding

## **2007 Sivananda Ashram, Canada**

Teacher of Yoga, (Yoga Siromani)

Philosophy of Yoga & Meditation

Hatha Yoga and Teaching Methodology

Anatomy & Physiology of Yoga

## **2007 Food Safety Asia**

HACCP Foundation level course

Basic safety in Food handling

## **2007 Usui Systems of Reiki, Japan**

Certificate in Reiki

First degree of the Usui system of Natural Healing

## **2005 Dept. of Tourism, Govt. of Kerala**

Masseurs Diploma in Ayurveda (Ayurveda Therapy)

Ayurveda Pharmacology, Anatomy & Physiology,

Ayurveda Massage Techniques

## **2001 CIDAC, Govt. of India**

Diploma in Computer Programming & Office Management

MS Office, Java, C, C++.

Computer Application of Office Management

## **2005 All India Institute of Local Self Govt, India**

Diploma in Public Health and Sanitation (Sanitary Inspector's Diploma (May-2005)

- Public Health and Basics of Anatomy & Physiology, Microbiology, Pharmacology and Civil defense.

- Diseases with control measures, Nutrition & sanitation.
- Health administration, Int. Health agencies and Occupational health, and laws related to health.
- Environmental Health, Water sanitation, Community waste and its management, Role of Health Inspector in the Public and Trade premises.

## 2001 Higher Secondary Education Board

Higher Secondary in Science, Govt. of Kerala (March - 2001)

- Physics, Chemistry, Biology, Mathematics

## Product Training:

### October 2013      ILA

Fourseasons Resort and Song Saa Pvt Island

- Rituals
- Facials
- Body Wraps
- Body Scrubs
- Night Spa Treatments
- Retail
- Salon Treatments

### October 2011      A. W. Lake

Fourseasons Resort Maldives

### May 2009      Sodashi

Fourseasons Resort Maldives at Kuda Huraa.

- Rituals
- Facials
- Body Wraps
- Body Scrubs
- Night Spa Treatments
- Retail
- Salon Treatments

## Vocational Qualifications

- Certificate in First Aid, London (April - 2009)
- HACCP Foundation level in Food Safety Asia, FSA, Asia (November - 2007)
- Diploma in Public Health and Sanitation(Sanitary Inspector's Diploma (May-2005)
- Diploma in Computer Programing, CIDAC, Govt. of India (November- 2001)
- Supervisory Development Program at Fourseasons Resort (November- 2010)
- Learning Coach (Designated Trainer) in Fourseasons Resort Kuda-Huraa, Maldives
- Guest Experience Training (November - 2009)
- MBTI Training- Behavioral Analysis (December - 2010)
- Art of Living Course by Sri Ravisankar (September - 2009)
- Vipasana Meditation - Basic level (November -2010)

## Hobbies and Interests

- Yoga
- Hiking
- Surfing
- Cycling
- Water sports
- Reading
- Music
- Meditation

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