

# Curriculum Vitae

**Female**

**D.O.B. 08 November 1988**

**Number of years working in industry:**

**17 years 8 months**



**Candidate ID Number:** 12715

**Nationality:** British

**Language Skills:**

Fluent: English

Good: French

Basic: Japanese, Vietnamese, Russian, Arabic

**Permitted to work in:** Finland, Denmark, Czech Republic, Croatia, Andorra, UK - United Kingdom

**Position Sought:** Spa Co-ordinator, Complementary Therapist, Receptionist

## Personal Statement

I am a capable young professional with a talent for keeping a sense of humour while remaining efficient. I particularly have a passion for perfectionist organization, languages, high quality massage, hospitality, good food and the Arts, but am immensely adaptable, experienced and flexible with hours. I have a great sense of professional integrity and once I commit to something I will put my all into it.

Seeking work in International Locations

## Employment History:

**June 2008 - Present - Massage Therapist** at (most recent employer hidden for confidentiality) Bristol, UK - United Kingdom, (Home/Mobile)

### Duties included:

For four years I have capably run my own massage therapy business, never advertising but finding word of mouth enough to build a loyal clientele. This is because I provide a top quality, caring yet effective service for which I have received excellent feedback and many clients coming back for more.

### Products worked with:

Essential oils, tiger balm.

**March 2012 - Present - Spa Co-ordinator** at Lost Horizons Spa, Events, UK - United Kingdom, (Day Spa)

### Duties included:

I co-ordinated a crew of thirty to cover three sets of shifts in six areas, from 8am to 2am, on reception, in the sauna garden, massage area, kitchen, juice bar and solar stage, at a different event each week. I capably handled any last minute changes, dissatisfied staff or clientele while keeping a welcoming atmosphere in the garden and working shifts myself.

### Products worked with:

Essential oils, tiger balm.

**April 2012 - September 2012 - Massage Therapist** at The Lido Spa, Bristol, UK - United Kingdom, (Day Spa)

**Duties included:**

Eight hours of top quality massage a day at this reputable Spa.

**Products worked with:**

Locally handcrafted oil blends.

**December 2010 - April 2011 - Assistant Manager** at Spa Niseko, Hokkaido, Japan, (5 Star Hotel Spa)

**Duties included:**

I was Core Staff at this elite spa in an exclusive ski resort of the Japanese Mountains. This involved tailoring several premium quality sessions daily, being sure to maintain the highest standards of a combination of five star service and Japanese perfectionism, with exceptional client care.

When appropriate, I worked flexibly in administration, publicity, management, decor, and spoke several languages on reception. I was continuously trained in situ by a world class biomechanic, and was responsible for supervising and managing the Spa in the absence of the Manager.

Most of all, I excelled in creating a welcoming, golden atmosphere, where everyone who walked in felt at ease.

**Products worked with:**

Essential oils, tiger balm, korean face masks.

## **Education and Qualifications:**

**2012 College of Classical Massage**

Diploma

Pregnancy Massage

**2010 Cornwall Adult Education Centre**

ITEC

Anatomy, Physiology and Holistic Massage

**2009 Brandon Raynor School of Natural Therapies**

Certificate

Deep Tissue Intensive Massage

**2010 Exeter University**

BA 2:1 in English Literature

**2006 Devonport High School**

Ten GCSEs grades A-C

Five A-levels grades A-C: English Literature, French, History, General Studies and Religious Studies.

## **Vocational Qualifications**

IT Skills

Full UK Driving Licence

Yoga

## Hobbies and Interests

I enjoy music, art, yoga, travelling, learning languages and swimming in the sea.

CV created at [www.spastaff.com](http://www.spastaff.com)

