

# Curriculum Vitae

**Female**

**D.O.B. 04 July 1971**

**Number of years working in industry:**

**10 years 7 months**



**Candidate ID Number:** 129330

**Nationality:** British

**Language Skills:**

Fluent: English, Spanish

Good: French

**Permitted to work in:** UK - United Kingdom

**Position Sought:** Spa Co-ordinator, Senior Therapist, Skin Clinic Therapist, Massage Therapist, Fitness Professional, Receptionist

## **Personal Statement**

FRIENDLY, TEAM WORKER, PASSIONATE, MULTI TASKING, ATTENTION TO DETAILS, ONGOING TRAINING

Seeking work in international locations

Holding a valid seafarer record book to Commonwealth of the Bahamas, and a valid USA C1/D Visa on my UK passport

Holding a valid First Aid Certificate

## **Employment History:**

**December 2023 - Present - Massage Therapist** at (most recent employer hidden for confidentiality) Gibraltar, Gibraltar, (Home/Mobile)

### **Duties included:**

I am a mobile massage and facial therapist, have my own clientelle, I first asses my client's needs, then based on the consultation, I check for pain and tension and past history, then I decide which massage, checking all the time for pressure and ocmfort, using bolsters, small cushions to support, and working on the areas needed, especially the upper shoulders and the neck. and the lower back, I also give facials, cleansing, toning, steam, and extraction of black heads, mask and massage of Elemis and 111skin movements.

I am always striving to learn more, and I keep my online education with Elemis online and Core Elements from the UK online to keep updating my current skills with more sport techniques and active stretching, to give extra services for clients as the massage industry is very dynamic, my main job is the massage plus I also provide pedicures and waxing services.

### **Products worked with:**

I use almond oil, Elemis oils like frangipani, and Elemis instant refreshing gel, And also I am using Caudalie products.

**January 2024 - Present - Fitness Professional** at Zumba , Gibraltar, Gibraltar, (Home/Mobile)

### **Duties included:**

Teaching professional Zumba classes to a groups of ladies in a professional gym studio, training with Zumba online of my Zin membership, and attending Zin jammers near me, attending Zumba classes, online teaching of different modules, promoting Zumba and wellness to clients around.

**Products worked with:**

n/a

**October 2024 - January 2025 - Retail Professional** at Marks & Spencer, Gibraltar, Gibraltar, (High Street Store)**Duties included:**

Cashier and sales professional, handling the cashier, and also advising and guiding people about suits, sizes, and helping to keep the store tidy, working on week-ends and bank holidays, including black Friday sales and January sales. Working well with the rest of team cashiers.

**Products worked with:**

Marks and Spencer clothes, at the upper floor Men's clothing and suits, plus homeware, and pyjama section.

**July 2023 - December 2023 - Massage Therapist** at Four Seasons Hotel, Hampshire, UK, UK - United Kingdom, (5 Star Hotel Spa)**Duties included:**

Meeting and greeting VIP guests at the reception, or the relaxation rooms, taking them to my treatment room and performing consultation, introducing the candles and the treatment, noting down clients concerns to focus.

Performing massage treatments according to clients needs and desires, therapeutic massage, deep tissue, hot stones, feel massages with chakra points, reflexology. Recommending to clients on further treatments, and talking about our products.

Training for 111skin new facials signature from Harley Street, London, facial and facial massage and the products from the serum, cleanser, mask, eye mask with cryotherapy, day and night creams.

Couples massages, working with other team members, organising the room, with bathrobes, candles, towels, tidy and clean.

helping with spa staff sorting towels for pool and spa.

Further training with massage treatments.

**Products worked with:**

Neom candle oils, Natura Bisse from Barcelona, 111 skin Harley street.

**August 2022 - December 2022 - Beauty Therapist** at Hand Picked Hotels, Guernsey, Channel Islands, Guernsey, (5 Star Hotel Spa)**Duties included:**

Greeting clients, consultations, performing massages and facials with Elemis oils and facial products according to protocols, swedish and deep tissue massages, combo treatments, scrubs and wraps, luxury pedicures, retail with every treatment, after care advise, assisting at the spa, reception duties attending guests queries, towels handling.

**Products worked with:**

Elemis products, Jessica nails

**September 2021 - April 2022 - Beauty Therapist** at Steiner transocean, Bahamas, Gibraltar, (Home/Mobile)**Duties included:**

I was trained in London Wellness Academy in Harrow, London first for the Elemis body and facial treatments: swedish massages, hands on and biote electrical facials, hot stone and salty himalayan stones, service promise, retail, product knowledge, and then I was sent on a Norwegian cruise liner and also a royal caribbean cruise liner to work with many different clientele

**Products worked with:**

Elemis body and facial products

**October 2017 - January 2018 - Beauty Therapist** at serenity spa solutions, London, UK, UK - United Kingdom, (5 Star Hotel Spa)

**Duties included:**

Worked as roaming therapist between the Sofitel St James Hotel in London and Four Seasons Trinity Square in London, deep tissue massages, facials, scrubs, waxing, hot stone massges

**Products worked with:**

Carita,

**December 2015 - May 2016 - Beauty Therapist** at City Spa, Gibraltar, Gibraltar, (High Street Salon)

**Duties included:**

Starting from facials, deep tissue massages, bikini brazilian waxing, eye brow shaping and waxing, reception work, gift vouchers, attending clients, pedicures, manicures.

**Products worked with:**

Decleor

**January 2009 - January 2015 - Beauty Therapist** at Self empoyed, Gibraltar, Gibraltar, (Home/Mobile)

**Duties included:**

After having a baby, I became self employed and dedicated work space at home to have home based clientele, doing facials, massages, manicures, pedicures and waxing.

**Products worked with:**

Elemis

**July 2005 - December 2005 - Beauty Therapist** at Kempinsky Hotel, Estepona, Spain, Spain, (5 Star Hotel Spa)

**Duties included:**

I was training for beauty level 2 at the Kempinsky hotel in Spain, doing my modules of skincare for facials, waxing, manicures and pedicures, eye brow shaping, make-up

**Products worked with:**

Kaeso products

**Education and Qualifications:**

**2021 CINDY BROWN GIBRALTAR CHRISTINE SHAW SPAIN LONDON WELLNESS ACADEMY STEINER**  
CIBTAC LEVEL 3, ITEC NVQ LEVEL 3

Spa therapy holistic, swedish and deep tissue massages incuding scalp and feet massages with reflexology

My speciality is Electrical facials level 3 CIBTAC

**2021**

Zumba Instructor

Zumba Instructor Training in Sevilla Spain May 2022

## **2021 Marbella Beauty Academy**

Facials Level 3 with electrics CIBTAC

### **Product Training:**

**February 2024**

#### **Peaceful pregnancy massage by Elemis**

By the Elemis Academy London and by the Hand-Picked Hotel in Guernsey

**November 2023**

#### **First Aid Course**

Paediatric First Aid (12 hours) skills and knowledge by Department for Education. Instructor Nathan Burns

First Aid at work

Paediatric first aid skills and knowledge approved by the first aid industry body (FAIB) and by FOFACO Federation of first aid training organization on 13/11/2023

**November 2022**

The London Wellness Academy, Uxbridge road, Harrow, London, my trainer is Shanelle Lawton, I have acquired 5 certificates

Hot stone massage

Himalayan salt stone massage

Biotec facials

Elemis hands on facials

Aromatherapy wraps massage

Service promise

**November 2022**

#### **Elemis**

London Wellness Academy, London, UK

Elemis deep tissue massages

Elemis hands on facials

Elemis Biotec facials

Elemis hot stone massage

Elemis products

Elemis one promise

Elemis scrubs and wraps

### **Vocational Qualifications**

BEAUTY AND SPA, FITNESS INSTRUCTOR ZUMBA WITH NUTRITION MODULES, HOMEOPATHIC MEDICINE, PRODUCT RETAILS AND SALES, CONSULTATIONS AND AFTER CARE, RECEPTION WORK, ADMINISTRATION WORK TYPING LEGAL DOCUMENTS BILINGUAL, LANGUAGE SKILLS, GYM FITNESS, PILOXING CLASSES, FIRST AID ON THE CRUISE LINER, CROWD MANAGEMENT

I am always looking for more skills and opportunities to be trained for, such as pregnancy massage which I experienced as a model through my work, as well as being a model for chemical peels and laser treatments.

I am mainly searching for seasonal work summer or winter

### **Hobbies and Interests**

HIKING, FITNESS CLASSES, LANGUAGES, PILATES, AQUA AEROBICS, YOGA, NUTRITION, HEALTH AND WELL BEING, TRAVELING

