

# Curriculum Vitae

**Female**

**D.O.B. 16 December 1993**

**Number of years working in industry: 5 years 0 months**

**Candidate ID Number:** 130259

**Nationality:** Hungarian

**Language Skills:**

Fluent: English, Hungarian

Basic: French

**Permitted to work in:** European Union, UK - United Kingdom

**Position Sought:** Assistant Manager, Head Therapist, Senior Therapist, Massage Therapist, Holistic Therapist, Complementary Therapist

## Personal Statement

I am a people person I would say. I can always find common ground with strangers, and I like making people feel comfortable in my presence. I find this skill is especially helpful as a therapist because I am passionate about what I do and I believe I found my life path in it.

My goal in life is to serve others and improve the lives of other and this has a lifetime rewards.

Seeking work in national and international locations

## Employment History:

**June 2017 - June 2022 - Complementary Therapist** at (most recent employer hidden for confidentiality) Brighton , UK - United Kingdom, (Home/Mobile)

### Duties included:

- Obtained medical history and problems from clients.
- Carrying out ultrasound and transcutaneous nerve stimulation therapies to improve faster recovery for clients.
- Educated clients about stretching, relaxation and other rehabilitative exercises.
- Modified treatment plan based on patient's progress.
- Utilised adjunctive therapies including cupping (stationary & sliding).
- Provided therapeutic reflexology treatments for the balance of mind , body and spirit.
- Offered a personally tailored essential oil blend to specific client needs to promote well-being and homeostasis.
- Provided trigger point release, deep tissue, facial release and lymphatic drainage techniques.
- Maintained client confidentiality regarding health and body issues.
- Kept the environment consistent with accepted standards of sanitation, hygiene safety and universal precaution.
- Worked to promote a relaxing environment with the use of aromatherapy, candles, and calming music.
- Completed administrative tasks, appointments and bookkeeping.

### Products worked with:

Elemis

**Career Break** - Traveling

## Education and Qualifications:

**2017 Brighton Met Cosmopolitan College**

NVQ Level 3

Aromatherapy, Reflexology, Swedish massage, Thai massage, Hot stones massage, Deep tissue massage, prenatal massage.

**2017 Brighton Metropolitan College, Brighton and Hove**

VTCT NVQ Level 3

## **Hobbies and Interests**

I enjoy hiking, swimming also I am into spirituality.

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

