

# Curriculum Vitae

**Female**

**D.O.B. 01 November 1964**

**Number of years working in industry:**

**5 years 5 months**



**Candidate ID Number:** 131214

**Nationality:** British

**Language Skills:**

Fluent: English

Good: Spanish, French

Basic: German

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

**Position Sought:** Massage Therapist, Yoga / Pilates Teacher

## **Personal Statement**

I am a mature and enthusiastic candidate who has an interesting diverse, international background. I have discovered my love of everything holistic in the last few years and am keen to find an opportunity to put my skills into practice. I believe I have a lot to give professionally and personally to help people heal and promote wellness in your environment.

Seeking work in national and international locations and cruise ships

## **Employment History:**

**September 2020 - Present - Massage Therapist** at (most recent employer hidden for confidentiality) Tring, UK - United Kingdom, (Home/Mobile)

### **Duties included:**

I have worked as a seasonal mobile home therapist for Bucks Therapies and gained experience with Barba Therapies working at Centre Parks holiday resort UK. I have:

consulted with clients as to the massage best suited to their needs

performed professional and customer-orientated massage services

maintained high standards of personal presentation and sanitation and cleaning at all times

I provide deep tissue or Swedish massage, ayurveda yoga massage or acupressure chair massage and Indian head massage.

### **Products worked with:**

I use coconut oil or ayurvedic product.

**September 2022 - Present - Massage Therapist** at Garden Massage, Jalisco, Mexico, (High Street Salon)

### **Duties included:**

I offer a massage service to clients who come to the upmarket cafe zone where there is a "zen" garden. Clients can relax, have something to eat and have a massage. I offer chair acupressure and Indian head massage in a relaxing, beautiful, exotic environment. I also offer ayurveda yoga massage privately. This is home based.

## **Products worked with:**

I use coconut oil or ayurvedic product.

## **Education and Qualifications:**

### **2021 AYM INSTITUTE , LONDON GATEWAY, LONDON CAMBRIDGE BEAUTY ACADEMY, CAMBRIDGE**

Diploma in Ayurveda yoga massage, Facial massage, Indian head massage and onsite acupressure massage.

Ayurveda Yoga Massage

Deep Tissue Massage

Indian Head Massage

Currently training in Thai Massage and 200 yoga teacher training

### **1986 SHEFFIELD UNIVERSITY**

University degree - French and German

Subsequently speak Spanish

## **Product Training:**

### **December**

**2022**

AYURVEDIC YOGA MASSAGE INSTITUTE, LONDON

GATEWAY, LONDON

CAMBRIDGE BEAUTY COLLEGE, CAMBRIDGE

Ayurveda yoga massage

Deep tissue massage

Coordinated yoga moves and breathwork

Onsite acupressure, chair massage

Indian Head massage

## **Vocational Qualifications**

My background is in English teaching, Human Resources and Training and Coaching others

## **Hobbies and Interests**

Hiking, paddle-boarding, yoga, dancing tango!

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

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