

Curriculum Vitae

Female

D.O.B. 19 August 1969

Number of years working in industry: 4 years 6 months

Candidate ID Number: 131409

Nationality: British, British

Language Skills:

Fluent: English

Permitted to work in: Jamaica, UK - United Kingdom

Position Sought: Massage Therapist, Holistic Therapist

Personal Statement

I am a sensitive and present Massage Therapist with knowledge and experience in providing massage to vulnerable people with dependency, anxiety and stress-related issues. Through massage, I support emotional and physical well-being by providing relaxation and comfort during a session.

I am passionate about promoting a holistic approach to massage therapy by combining therapeutic and clinical methods with relaxation techniques.

I continue to educate myself and provide physical and mental well-being.

Seeking work in national and international locations and cruise ships

Employment History:

June 2022 - Present - Massage Therapist at (most recent employer hidden for confidentiality) Greater London, UK - United Kingdom, (Home/Mobile)

Duties included:

- Provide 45 to 120 minutes massage.
- Liaise with concierge and management to ensure excellent customer experience.
- Tailor massage to meet the needs of the client.
- Provide a variety of massage techniques including deep tissue, Swedish and sports massage.
- Maintain a high level of cleanliness by disinfecting and sanitising equipment used.

Career Break - Training - industry-related

August 2021 - December 2022 - Massage Therapist at Tottenham community centre , Tottenham, UK - United Kingdom, (Hotel Fitness Centre)

Duties included:

- Provide a range of massage techniques: relaxation, de-stressing and deep tissue.
- Modify massage in accordance to the clients requirements.
- Provide one or two-hour massage.
- Adhere to company policies and procedures and General Data Protection Rules (GDPR).
- Clean, disinfect and sanitise, the treatment area before and after each client.
- Perform health history and updates.

March 2022 - August 2022 - Holistic Therapist at NHS Stress Project Therapy Centre - London, Islington London ,

Duties included:

Provide complementary massage to a person struggling with stress, anxiety or depression.

Tailor massage specific to the client's needs and requirements.

Provide a range of massage techniques.

Monitor, review and modify the treatment throughout the session.

Maintain client records following General Data Protection Rules (GDPR).

Clean, disinfect and sanitise, the treatment area before and after each client.

December 2021 - July 2022 - Holistic Therapist at NHS - Humankind Drugs and Alcohol Services - North London, London, UK - United Kingdom, (Hospital / Medical Clinic)

Duties included:

- Provide massage to client's struggling with drug and alcohol dependency.
- Design treatment based on clients' needs and apply appropriate and effective massage techniques to specific areas of the body, this includes half and full body.
- Perform health history and updates before a session to ascertain precautions and contraindications.
- Provide a wide range of massage therapy techniques: deep tissue, relaxation, de-stressing, and/or energising massage.
- Monitor, review and modify the treatment where appropriate and maintain client records following General Data Protection Rules (GDPR).
- Sanitise, disinfect, and clean the treatment area before and after each client.

Education and Qualifications:

2023 City Lit London

ITEC Level 3, 4 & 5 (still attending) ITEC Level 3: Anatomy, Physiology

ITEC Level 3, 4 & 5: Sports Massage Therapy

2021 Gateway Workshop London

ITEC Level 2 & 3.

ITEC Level 3: Swedish/Holistic Full Body Massage

ITEC Level 3: Anatomy, Physiology and Pathology

ITEC Level 2: Award in Infection Prevention (COVID -19) for Complementary Therapist

2013 The London College

HND/HNC

Biological Science for Industry

1987 Southgate college

Business Studies GNVQ Level 2&3

1984 Silverdale School

CSE

Mathematics 2

English 3

History 3

Vocational Qualifications

Computer literate

Clean driving license

Hobbies and Interests

Swimming, sewing, crochet.

CV created at www.spastaff.com

