

# Curriculum Vitae

**Female**

**D.O.B. 25 November 1978**

**Number of years working in industry:**

**17 years 6 months**



**Candidate ID Number:** 13246

**Nationality:** Welsh, British

**Language Skills:**

Fluent: English

Basic: Welsh, Hindi

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

**Position Sought:** Spa Co-ordinator, Assistant Manager, Head Therapist, Treatment Manager / Spa Trainer, Senior Therapist, Beauty Therapist, Massage Therapist, Holistic Therapist

## Personal Statement

I am a hard working holistic and beauty therapist. I thrive on my client's well being and endeavour to make them feel as comfortable and as lovely as possible during and after their treatments. Now I am looking for further responsibility and an opportunity to progress my career within the beauty industry. I take a conscientious approach to my work and look for ways to improve my skills and attributes because I am motivated by achieving goals.

Seeking work in UK and International Locations

## Employment History:

**May 2010 - Present - Senior Therapist** at (most recent employer hidden for confidentiality) Goodwick, UK - United Kingdom, (Day Spa)

### Duties included:

Carry out all spa treatments, including massage, Aromatherapy, Reflexology, Indian Head Massage, facials, body wraps, manicures, pedicures, waxing, threading.

Maintain sales targets, promote treatments and products.

Attend all training regarding new treatments and any aspects regarding the spa.

Reception duties, and dealing with customers and clients.

Social networking. Advertising.

**Products worked with:**

OPI. Spa Find..

**May 2010 - Present - Senior Therapist** at Ivy Bridge Spa, Goodwick, UK - United Kingdom, (Day Spa)

### Duties included:

Carry out all spa treatments, including massage, Aromatherapy, Reflexology, Indian Head Massage, facials, body wraps, manicures, pedicures, waxing, threading.

Maintain sales targets, promote treatments and products.

Attend all training regarding new treatments and any aspects regarding the spa.

Reception duties, and dealing with customers and clients.

**Products worked with:**

Spa Find.OPI

**November 2011 - Present - College Tutor** at HB Training, Haverfordwest, UK - United Kingdom, (College)

**Duties included:**

Training consultant for beauty apprentices NVQ 1,2 & 3. Delivering short courses in holistic therapies. Stock taking, online testing, marking written tests, assessing, supporting and guiding learners.

**Products worked with:**

Pro Nails.

**May 2008 - May 2010 - Community Care Assistant** at Croeso Care, Cardigan, UK - United Kingdom, (Hospital / Medical Clinic)

**Duties included:**

Supporting people in the community within their own homes.

Dealing with all aspects of care.

Working with elderly, vulnerable and young adults.

Dealing with medication.

Liasing with families.

Working as part of a team.

**September 2006 - April 2008 - Support Worker/ Complementary Therapist** at Glanhelyg Residential Home, Dinas Cross, UK - United Kingdom, (Home/Mobile)

**Duties included:**

Supporting people with learning disabilities to live in their home as independantly as possible.

Dealing with all aspects of care.

Working with elderly, vulnerable and young adults.

Dealing with medication.

Liasing with families.

Working as part of a team.

Carrying out Complementary Therapies on clients as and when needed (on-going)

**November 2004 - August 2006 - Community Care Assistant** at Corban Care, Cardigan, UK - United Kingdom, (Home/Mobile)

**Duties included:**

Supporting people in the community within their own homes.

Dealing with all aspects of care.

Working with elderly, vulnerable and young adults.

Dealing with medication.

Liasing with families.

Working as part of a team.

**September 2002 - October 2004 - Team Co-Ordinator** at Berry Independant Living, Banbury, UK - United Kingdom, (Home/Mobile)

**Duties included:**

Supporting a young man with autism and severe learning disabilities to live independantly in his own home.

Running of the home.

Managing the team.

Managing medication

Liasing with health care professionals.

Attending meetings and reviews.

Conducting supervisions and appraisals.

**April 2001 - August 2002 - Personal Assistant** at Colesberry Independant Living, Banbury, UK - United Kingdom, (Home/Mobile)

**Duties included:**

Supporting two young men with autism and severe learning disabilities to live independantly in their own home.

Running of the home.

Dealing with medication.

Liasing with health care professionals.

**Education and Qualifications:****2013 HB Training**

NVQ

Assessors Award

**2012 HB Training**

NVQ Level II

Beauty Therapy

Threading (gained certificate in February 2011) HB Training

**2011 Ayurveda Yogashram**

Certificate

Panchkarma Training (Shirodhara)

**2009 Pembrokehire College**

VTCT Level 3

Remedial Massage

**2007 Accension Therapies**

Level II

Reiki

**2007 Pembrokehire College**

HND

Complementary Therapies.

(Aromatherapy, Reflexology, Indian Head Massage, Swedish Body Massage).

**1997 Fishguard High School**

GNVQ Advanced health & Social Care. Distinction

GCSE English, Design Technology, Welsh, Child Development, Science, French.

## **Vocational Qualifications**

Introduction to counselling skills.

Certificate in Learning Support.

## **Hobbies and Interests**

Alternative therapies, horses, reading, languages, charity work (massage!!), travel and sport.

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

