

Curriculum Vitae

Female

D.O.B. 09 September 1980

Number of years working in industry:

15 years 7 months



Candidate ID Number: 13703

Nationality: Swedish

Language Skills:

Fluent: English, Swedish, Norwegian

Good: Polish

Basic: Spanish, French

Permitted to work in: European Union

Position Sought: Massage Therapist, Holistic Therapist

Personal Statement

Do you want to employ an excellent massage therapist?

I use a blend of deep classic Swedish massage combined with an understanding of eastern philosophies- customers love it. My intuition adds an extra depth to my massage treatments- customers are 100% happy. I work quietly, afterwards if people ask I will give advice on stretching techniques and what the client can do to feel better. I am passionate about making people feel and look better.

I am independent but I get along well with all kinds of people and enjoy working with others. In the back of my mind I want to keep travelling and explore new places, that's why I have my CV on here. I appreciate life and want to make the best of it!

Looking forward to hearing from potential employers,

Jenny

Employment History:

July 2010 - Present - Holistic Therapist at (most recent employer hidden for confidentiality) Örebro, Sweden, (Home/Mobile)

Duties included:

I run my own business. I specialize in women's health where I provide both deeper massage for pain and stress but also more relaxing softer treatments. My speciality is to work with stress and pain. Lately I started working with maya abdominal therapy on women with different abdominal and pelvic issues including period pain and fertility challenges.

Massage skills: Deep tissue massage, Arvigo techniques of maya abdominal therapy), classic massage, aromatherapy, cupping therapy (silicone cups, can be used in cellulite treatment), thai-yoga massage.

Other skills: nutritional therapy, yoga stretching (certified instructor).

I have worked with tour crews at a main arena in Stockholm. These days I do less sports massage and prefer to use a blend of modalities softer and more deep in any treatment.

Career Break - Traveling

Education and Qualifications:

2015 Arvigo Institute

Certificate

Arvigo techniques of maya abdominal therapy, Denmark 2014 (17hr) & Israel 2015 (35hr)

2014 European Institute of Body Oriented Healing Arts

Diploma

Myofascial release Poland (70 hr)

2013 Neck and lower back

2014 Balancing the pelvis

2012 Peggy Hall, San Clemente, California, US

Certificate

Yoga for Surfers, 100hr yogatraining to teach basic yoga for surfers. A type of yoga that can be done before and after sports. Specific focus on releasing shoulders and other muscles that are used in surfing. Can also be applied easily to any other sports.

I have since then held chair yoga classes for elderly once a week for 1.5 years (march 2013- dec 2014).

2012 Europeiska Massage Akademin

Diploma Sports Massage

Deep tissue advanced- sports massage.

2012 Europeiska Massage Akademin

Diploma Massage

2009 ITM. Chiang Mai Thailand

Diploma

Thai-yoga massage

Basic and Intermediate

2006 College of Natural Nutrition

- Diploma in Nutritional Therapy, UK

1999 Domarhagsskolan, Sweden

Equivalent of A-leves in Science and Languages

Vocational Qualifications

First Aid. More than basic IT-skills.

Hobbies and Interests

Yoga, Travelling, Painting, Holistic Therapies.

CV created at www.spastaff.com

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