

# Curriculum Vitae

**Female**

**D.O.B. 07 November 1979**

**Number of years working in industry:**

**11 years 1 month**



**Candidate ID Number:** 141131

**Nationality:** British

**Language Skills:**

Fluent: English, French

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

**Position Sought:** Senior Therapist, Massage Therapist, Holistic Therapist, Fitness Professional, Swim / Aqua Fit Teacher

## Personal Statement

I am an all round sports woman, currently working on ski randonee, hiking, yoga, pilates and swimming. I have gained 10 years of experience working with sports peoples bodys applying techniques to release muscles. As well as designing work outs for them.

Seeking work in national and international locations

## Employment History:

**January 2015 - Present - Massage Therapist** at (most recent employer hidden for confidentiality) Le Praz, France, France, (Home/Mobile)

### Duties included:

Providing sports massage and holistic massages to a range of clients in the 3 Valleys and La Plagne.

### Products worked with:

Songbird & Elemis

**June 2016 - September 2016 - Massage Therapist** at Wanaka Day spa, New Zealand, New Zealand, (Day Spa)

### Duties included:

Wanaka Day Spa, Wanaka, South Island, New Zealand

Massage Therapist, Specialising in Sports Massage & Swedish Massage.

- Providing clients with Sports Massages.
- Providing clients with Swedish Massages.
- Listening to clients needs and planning a massage accordingly, ensuring that all areas are covered within the time limit.
- I have work experience inside a Day Spa working alongside 5 other therapists.
- Regular team meetings and discussions of goals for the company.
- Washing towels, table linen and drying them.
- Stocking up on massage wax.
- Presenting rooms ready for massage.
- Meeting and greeting customers and taking money after massages, also preparing gifts and packaging.
- Answering telephone and taking bookings over the phone.

- Setting up sauna for clients.
- Cleaning insides of sauna and providing fresh towels.
- Setting up and choosing music.
- Keeping waiting room water tank stocked up with water from the lake.

Providing Feedback reviews from all of the clients online.

Creating gift vouchers for the client.

#### **Products worked with:**

Songbird Wax

Oils

#### **Education and Qualifications:**

##### **2014 Integrated body dynamics, Ferme road, N1, London**

Diploma in Massage, level 3 & Level 4 Sports Massage

Sports Massage Certificate level 4

Massage Diploma level 3

##### **2010 YMCA, London**

CYQ Exercise & Fitness Knowledge Unit Certificate Level 2 (YMCA London) CYQ Certificate in Fitness Instructing in the Context of Gym Level 2 (YMCA London)

Gym Instruction

CYQ Exercise & Fitness Knowledge Unit Certificate Level 2 (YMCA London)

CYQ Certificate in Fitness Instructing in the Context of Gym Level 2 (YMCA London)

##### **2002 Roehampton University London**

Bachelor of Science , Bsc, Sociology

Sociology

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Bachelor of Science , Bsc, Sociology

Sociology

##### **1998 SEEVIC**

4 A'Levels

English Combined

Physical Education

Psychology

General Studies

##### **1996 Westcliff High School for Girls**

10 GCSE's.

PE, C

Drama, C

French, D

English, C

English Literature, B

Geog, D

Maths, C

Science, EE

## **Product Training:**

**August 2024      Songbird**

## **Vocational Qualifications**

Typing, word processing, text processing, recruitment systems, bloomberg.

Lifeguarding, swimming, yoga, tennis, climbing, personal training.

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

