

# Curriculum Vitae

Male

D.O.B. 14 February 1981

Number of years working in industry: 6 years 3 months

**Candidate ID Number:** 14280

**Nationality:** Nepalese

**Language Skills:**

Fluent: English, Hindi, Nepali

Basic: Korean

**Permitted to work in:** Nepal

**Position Sought:** Spa Manager, Spa Co-ordinator, Assistant Manager, Head Therapist, Treatment Manager / Spa Trainer, Massage Therapist, Holistic Therapist, Complementary Practitioner, Complementary Therapist, Fitness Professional, Yoga / Pilates Teacher

## Personal Statement

I'm looking for a challenging position of Spa Therapist, supervisor, asst. manager, manager any one I can in any spa industries where I can utilize my extensive skills, Knowledge & experience. To serve full motivation and dedication and team work with co-worker, take care of the customer's satisfaction to myself. I Want to be a perfect professional of wellness & spa industry as well as world wide Successful business man.

Seeking work in Maldives, International Locations and Cruise Ships

## Employment History:

**March 2008 - October 2011 - Area Sales Representative** at (most recent employer hidden for confidentiality)  
Kathmandu, Nepal, (Product Company)

### Duties included:

Selling the treatment package

### Products worked with:

Health service package

**Career Break** - Training - industry-related

**July 2005 - July 2010 - Spa Manager** at Institute of Natural Medicine " naturopathy Home", Kathmandu, Nepal,  
(College)

### Duties included:

- Day to day operation: Handling-engineering problems at the Institute of natural medicine, Purchase orders, Staff scheduling, training, daily operations at the "Naturopathy home".
- To provide following Treatment therapy for patients & clients on the basis of complementary approach.
- Yoga & Meditation, Class daily for client and student.
- Psychotherapy & physiotherapy
- Nature cure Treatments Mud, Hydro & Chromo therapy
- Six cleansing act.
- Diet & Fasting
- Acupuncture, Acupressure & Reflexology
- Ayurvedic and herbal massage therapy.
- I had given therapy for many foreigner clients because the institute of natural medicine "naturopathy home" is

situated in the heart of tourism place of Kathmandu Nepal and we had focused to give service for tourist.

**Career Break** - Training - industry-related

## **Education and Qualifications:**

### **2012 Ananda Spa Institute, Hyderabad, India**

CIBTAC, Diploma

Diploma in Spa Management& Operation

- Business Awareness Studies
- Leadership, Effective Spa operational,
- Communication, General management,
- Sales & Marketing, Global spa industry

CIBTAC Diploma in Anatomy, Physiology & Body Massage

- Anatomy & Physiology
- Swedish Body massage
- consultation, Post Treatment care
- Hygiene and Nutrition

Diploma in International Spa

- Anatomy and physiology including all body systems
- Knowledge of diet and exercise in relation to body care
- Body massage – classical Swedish
- Reflexology
- Thai massage
- Body mask and wrap
- Body exfoliation
- Steam and sauna

Ayurvedic Spa

- Abhayanga
- Churnasweda
- Shirodhara
- Tanlepa
- mukhalepa

**2012**

### **2006 Institute of Natural Medicine “Naturopathy Homes”**

CHA Complementary Health assistant level-3

- Anatomy, physiology & Bio-chemistry
- Pathology & community medicines
- Obstetrics & gynecology
- First aid & emergency care
- Psycho-counseling
- Yoga physiology & therapy
- Nature cure philosophy mud, Hydro & chromo therapy
- Herbals & manipulative therapy
- Dietetic & fasting therapy
- Diseases management through complementary approach

### **2009 Tribhuvan University Kathmandu**

Bachelor Degree of Health & Physical Education

## **Vocational Qualifications**

- Community Health assistant
- Complementary Health Assistant
- Smart office professional course MS word, Excl, powerpoint,email internet
- certificate in graphic Design and multimedia
- blue print for success Mr. Siva khera 7-8 may, 08

- keynote speaking Mr. Siva Khera 10th May 08
- Be your own boss Mr. Rajesh Aggrawal
- speaker pool Training for leadership and Public speaking by RE-TEAM

## **Hobbies and Interests**

Hiking, Yoga & Meditation, Watersports, Reading Book, Cooking Food Making Friends, Travelling etc.

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

