

# Curriculum Vitae

**Female**

**D.O.B. 04 December 1990**

**Number of years working in industry:**

**15 years 3 months**



**Candidate ID Number:** 14453

**Nationality:** British

**Language Skills:**

Fluent: English

**Permitted to work in:** Netherlands, Malta, Jersey, Italy, Iceland, Greece, Gibraltar, Germany, France, Finland, Czech Republic, Cyprus, Belgium, Austria, UK - United Kingdom, Norway, Spain

**Position Sought:** Head Therapist, Beauty Therapist, Skin Clinic Therapist

## Personal Statement

I am an ambitious 24 year old with a huge energy and drive. My absolute passion in life is to travel- I have worked abroad in various tourist sectors including cruise ships, holiday resorts and 5 star hotels for 5 years now. I want variety - the usual 9 to 5 in an office doesn't do it for me. I want to be busy - I want to have a job where I'm always on the go; I was working 77 hours a week on the cruise ships for almost 10 months which shows I am no stranger to long hours and hard work. I want to see the world and earn money as I do it rather than just spending; my goal is to own and rent out a property by the end of 2015.

## Employment History:

**May 2013 - Present - Writer** at (most recent employer hidden for confidentiality) Leeds, UK - United Kingdom, (Home/Mobile)

### Duties included:

As a writer for this website I write beauty and massage related articles based on my career experience, helping therapists with their career pathways.

**May 2015 - Present - Assistant Manager** at Chevin Country Park Hotel and Spa, Leeds, UK - United Kingdom, (Day Spa)

### Duties included:

Assisting with staff management including the hiring of new staff, beauty treatments and admin work. Motivating the team to improve spa revenue to boost overall hotel revenue targets.

## Products worked with:

Elemis

**September 2013 - May 2015 - Beauty Therapist** at Steiner, Zuiderdam and Oosterdam- Holland America Line, USA - United States, (Cruise Ship)

### Duties included:

Throughout my two contracts at sea, I ran a successful facial column. On ships there is a huge importance to hit revenue targets as most of the wage is commission. This starts with providing an excellent service so the guest rebooks. I was responsible to fill my own column with treatments, maximizing the revenue by upgrading then retailing homecare to the guest. I frequently lead skincare workshops and seminars. I would typically work 14 hour days, most days for the contract. In addition, Steiner training has an amazing reputation to train therapists above and beyond in their attention to detail and customer service. I received Elemis training here and was selected by management to train further in La Therapie.

**Products worked with:**

Elemis

La Therapie

**August 2014 - November 2014 - Beauty Therapist** at Neilson Active Holidays, Lesvos, Greece, (5 Star Hotel Spa)

**Duties included:**

Seasonal position in a 5 star hotel spa in Greece, later was requested by company to extend my contract to work in Turkey.

**Products worked with:**

Temple Spa

**May 2013 - June 2014 - Massage Therapist** at The Angels Touch, Cannes and Monaco, France, ( Hotel Spa)

**Duties included:**

I worked in VIP venues at the Cannes Film Festival and Monaco Grand Prix giving Indian Head Massages, working on a commission basis only and consistent top earner throughout.

**February 2012 - August 2013 - Beauty Therapist** at UK Girlthing, Birmingham, UK - United Kingdom, ( Hotel Spa)

**Duties included:**

Working unsupervised, as part of a team to set up a function room to transform it into a spa environment, in preparation for a hen party. Ensuring all guests are happy and satisfied with their experience, and acting as a mentor to newer members of the team.

Carrying out a range of beauty and spa treatments on guests, making adaptations when necessary.

**Products worked with:**

Salon Systems

**November 2010 - August 2013 - Brand Ambassador** at N20, Envisage, Executional, Highjam, Cellar Trends, Leeds/Birmingham, UK - United Kingdom, (Product Company)

**Duties included:**

Working at events to promote brands, approaching and engaging clients with the product, sampling and sales, often working on commission.

**January 2013 - April 2013 - Beauty Therapist** at Parkway Hair and Beauty, Leeds, UK - United Kingdom, (Health Club)

**Duties included:**

Running a single treatment room with my salon manager in a hotel health club.

## **Products worked with:**

Dermalogica

**May 2012 - November 2012 - Massage Therapist** at Shiseido Spa, Limassol, Cyprus, (5 Star Hotel Spa)

## **Duties included:**

This is a five star hotel and is therefore full of VIP clients. The vision of the hotel is to 'delight every customer'. This means that customer care when performing the treatment is very important as they are paying a lot of money for the service. Also attention to detail when preparing the treatment area is vital as presentation is everything in a five star hotel. Coming to work looking immaculately presented is a must, as the spa staff are ambassadors of the hotel and the brand, Shiseido.

Following an intensive training placement at this 5 star hotel spa, management were so impressed with me that I was given a full-time summer massage position here. Received additional training in self-heating mud treatments and body peeling (Phytomer).

- Full Body Massage
- Aromatherapy Massage
- Body Peeling
- Self-Heating Mud treatments.

## **Products worked with:**

Phytomer

Shiseido

**June 2011 - September 2012 - Massage Therapist** at Love Yourself Ibiza, Talamanca, Ibiza, Spain, ( Hotel Spa)

## **Duties included:**

Providing Indian Head massage to clients at VIP restaurants and bars. Approaching customers to build up a rapport; working entirely on a commission basis. To come to work looking immaculately presented.

## **Education and Qualifications:**

### **2012 University College Birmingham**

BTEC National Diploma Level 3- Triple Distinction (Higher than NVQ)

- Massage: Swedish Body Massage, including No-Hands technique, Sports Massage and Prevention of Injuries, Aromatherapy Massage, Indian Head Massage, Bamboo Massage.
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- Facials: Manual Facials, Electrical Facials including Faradic, Galvanic, High Frequency, Vacuum Suction, Microdermabrasion, Micro Current, Light Therapy, Oxygen Therapy .
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- Body Therapies: Electrical Epilation, Faradic, Galvanic, Vacuum Suction, High Frequency, Micro Current, G5 Massage, Audio Sonic Massage Spa Body Wraps, Slimming Wraps, Body Exfoliation.
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- Beauty Skills: Manicures and Pedicures, Gel Nails, Waxing and Intimate Waxing, Lash and Brow Tinting, Lash Perming, Individual Eyelashes, Make-up.

### **2009 Prince Henry's Grammar School**

- 2 A Levels at grade C

11 GCSE's at grades A and B

## **Product Training:**

### **August 2014 Temple Spa**

Messini Beach Club, Greece

Temple Spa Facial and Body Training

**October 2013**

**La Therapie**

Steiner Training Academy, London

La Therapie Facial Training

**October 2013**

**Elemis**

Steiner Training Academy, London

Elemis Facial and Body Training

**May 2012 Dermalogica**

University College Birmingham

Dermalogica Face and Body

## **Vocational Qualifications**

- Functional Skills in Maths and English
- Key Skills in IT
- Food Hygiene certificate at Level 2

## **Hobbies and Interests**

### Unpaid/Voluntary Work

- Shore Excursions for Holland America Line- On my days off onboard the ships I would give 1-2 hours to help with crowd management or admin in exchange for a complementary shore excursion.
- Class Representative at college, voted by my peers.
- UK Skills-Beauty Competition Squad for 2 years running. Attended extra tuition to train me to competition standard. Winner of internal college competition and Bronze medallist in regional competition.
- Leonardo Project- Work experience placement in Cyprus that I was awarded for getting excellent results at college plus additional training to work in a 5 star spa and Greek lessons.
- College Open Days- To promote beauty therapy courses, public speaking and demonstrations.
- Dermalogica Enrichment - Treatment and retail training.
- Clothes Show Live- Work placement in conjunction with professional makeup artists and models for the Diet Coke and New Look catwalk.
- Charity Events- I would volunteer through college to perform short beauty treatments on disabled children and adults and their parents or carers to pamper them.
- Leeds Teenage Cancer Trust- Teaching teenagers with cancer how to dance on a weekly basis. This work shows that I have leadership skills and am capable of teaching others. I received a Rotary Club Award and my charity work was featured in local newspapers.

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

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