

Curriculum Vitae

Male

D.O.B. 12 December 1992

Number of years working in industry: 4 years 6 months

Candidate ID Number: 152025

Nationality: Sri Lankan

Language Skills:

Fluent: English, Sinhala

Basic: Hindi, Tamil, Samskrit

Permitted to work in: Sri Lanka

Position Sought: Spa Consultant, Spa Co-ordinator, Assistant Manager, Head Therapist, Treatment Manager / Spa Trainer, Senior Therapist, Massage Therapist, Holistic Therapist, Complementary Practitioner, Complementary Therapist

Personal Statement

Medical Wellness & Health Tourism professional

Employment History:

August 2021 - Present - Complementary Practitioner at (most recent employer hidden for confidentiality) Sigiriya , Sri Lanka, (Hotel Spa)

Duties included:

Guest consultations

Medical history taking

Determination of fitness for the Pancha Karma therapies

Blood pressure monitoring

Ayurvedic Body type detection by pulse checking

Explaining the importance of body types with examples

Selection of suitable medicated oil type for their conditions

Explaining the available therapies & packages

Products worked with:

- Ayurveda
- Pancha Karma
- Spa
- Consultant
- Wellness
- Health Tourism
- Indian Head Massage
- Herbal Compressions
- Sauna & Herbal Steam Therapies

Education and Qualifications:

2022 Faculty of Indigenous Medicine, University of Colombo.

Degree

- Bachelor of Ayurveda Medicine & Surgery (Hons')
- Apprentice Pharmacist (Dip) at Sri Lanka Medical Council

Additional Subjects during the degree program,

Therapeutic Massage/ Massage therapy

Ayurveda Beauty-culture (Scrubs, Packs, Facials etc)

First-aid workshop participations

2011 Central College, Anuradhapura, Sri Lanka

GCE Advanced Levels

Physics - Grade B

Chemistry - Grade C

Biology - Grade C

Product Training:

December 2020 Usually, we are promoting all the Ayurvedic products to improve well-being

Faculty of Indigenous Medicine,

University of Colombo.

All the Ayurvedic products such as,

Face & Body Scrubs

Facials

Hair oils

Herbal medicinal oils for medical conditions

Ayurvedic internal medicines for rejuvenation & purification

Vocational Qualifications

Professional mannerism and appearance

degree in Ayurveda Medicine & Surgery (Hons) from the University of Colombo, Sri Lanka

Registered Ayurvedic Doctor at the Sri Lanka Ayurveda Medical Council

Knowledge of Human Anatomy & Physiology

Acupuncturist with additional expertise in Massage Therapy

02 years of experience in the Therapeutic Massage sector

Ability to assess clients' needs and to create personalized treatment plans

Completion of a one-year internship at government Ayurveda hospitals in Sri Lanka

Proficiency in Ayurveda Beauty-culture

02 years of experience in the tourism industry

Knowledge of Clinical Medicine

Advanced knowledge of Ayurveda Panchakarma

Specialized expertise in Sri Lankan traditional medicine, mainly in orthopedic treatments such as contusions, sprains, joint dislocations, and bone fractures

Apprentice pharmacist at the Sri Lanka Medical Council

Knowledge of basic CPR

Knowledge of First Aid procedures

Proficient in therapeutic massage techniques

Excellent communication, listening, and client relations skills

Supervision of a team of 20 therapists

Training and education of company staff on Therapeutic Massage (Abhyanga), Cupping Therapy and various Ayurveda treatments such as Shirodhara (Indian Head Massage), Pillow Therapies (Herbal Compressions), Herbal Steam Therapy, Kati Vasti, Griva Vasti, Takra Dhara, and Herbal Body Scrubs etc.

IT skills (MS Office)

Team work

Management

Leadership

Health Sciences

Deep tissue massage

Reflexology

Lymphatic drainage

Hobbies and Interests

Reading

Water sports

Working with a friendly staff

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