

# Curriculum Vitae

Male

**D.O.B. 25 February 1983**

**Number of years working in industry: 23 years 7 months**

**Candidate ID Number:** 162032

**Nationality:** Indian

**Language Skills:**

Fluent: English

Basic: Arabic

**Permitted to work in:** India, UAE - United Arab Emirates

**Position Sought:** Spa Manager, Salon Manager, Spa Co-ordinator, Head Therapist, Treatment Manager / Spa Trainer, Senior Therapist, Beauty Therapist, Skin Clinic Therapist, Massage Therapist, Holistic Therapist, Complementary Practitioner, Complementary Therapist, Receptionist

## Personal Statement

Diploma Holder of CIDESCO (Zurich) Switzerland in Beauty Therapy

Diploma holder of CIBTAC (UK) in Electro Facial

12 International Additional Diploma in Alternative Therapies

DHA licence holder (Dubai Health Authority)

Having vast experience and profound knowledge in beauty and wellness industry

Seeking work in international locations and cruise ships

## Employment History:

**August 2023 - Present - Treatment Manager / Spa Trainer** at (most recent employer hidden for confidentiality)  
Dubai , UAE - United Arab Emirates, (College)

### Duties included:

Planning and preparing the course curriculum and lesson plans

Teaching students a range of cosmetology courses that includes hair and makeup techniques, skin care, and nail technology

Ensuring safe handling of chemicals and other equipment during practical sessions

Placing order for stock supplies required for the various courses

Developing written and practical assessment tests

Reviewing and grading students on the basis of the test results

Overseeing the performance of students during practical sessions

Submitting course feedback to the institute

Staying up-to-date with the new techniques and technology in cosmetology

Offering improvement suggestions during course preparations

Ensuring adherence to the course budget

**January 2017 - June 2023 - Spa Manager** at Marakech Men's Care Centre , Abudhabi , UAE - United Arab Emirates, (Day Spa)

**Duties included:**

Manage outside appointment bookings which include traveling, security, POS systems, equipment storage & maintenance.

Maintain club cleanliness, manage expenses, maximize profit, and create a positive environment for both members and employees.

Train all new hires on computer system, POS terminal and operational procedures.

Maintain inventory and monitor records of all skincare, makeup and gift items.

Be knowledgeable on the different services offer; facials, massages, hair, tanning.

Perform facials, hand treatments, foot treatments, anti-aging, chemical peels and microdermabrasion treatments for clients.

Reinforce all spa staff understands and follows all hotel, Richey and AAA mobile standards at all times.

Work closely with the wedding chapel and conventions to coordinate wedding parties, bridal events and group reservations in the spa.

Ensure salon cleanliness according to company policies.

Develop and administer payroll procedures on a weekly basis.

Review and revise treatment reservations daily to maximize revenue.

Supervise administrative functions and ensure all records, payroll and schedules remain up-to-date and file appropriately.

Assure timely availability of qualify associates through active participation in the salon recruiting, interviewing, hiring and training process.

Perform Brazilian waxing and eyebrow shaping under 15 minutes.

Body and facial waxing, eyebrow and eyelash tinting and custom airbrush tanning.

**January 2013 - December 2016 - Treatment Manager / Spa Trainer** at Indian Institute of cosmetology tricology and nutrition, Mumbai, India, (College)

**Duties included:**

Deliver a variety of spa services (body treatments, massages, facials, waxing and manicure/pedicure) in a safe and comfortable manner

Maintain equipment and sample inventory of products

Keep documentation and maintain clients files

Keep a clean and stocked room

Acknowledge and respond to relevant customer queries, needs and expectations

Suggest and promote retail products or additional services

Uphold hygiene standards and follow health and safety regulations

Cooperate with and report on administration on any arising issues

Apply best practices and be up to date with market trends

**April 2010 - December 2012 - Massage Therapist** at Mayfair Salon & Day Spa, Muscat, Oman, (5 Star Hotel Spa)

**Duties included:**

Performing different types of massages, beauty treatments, and wellness therapies.

Maintaining detailed records of massages, treatments, and therapies performed on each spa guest.

Communicating with guests during massages to adjust massage techniques as required.

Resolving guest complaints and reporting any accidents to the supervisor.

Cleaning and sanitizing work areas, changing treatment room sheets, and sterilizing all instruments and equipment before each use.

Explaining massages, treatments, and therapies to guests and providing suitable recommendations as needed.

Ensuring that the spa is adequately stocked with spa supplies and reporting shortages to the supervisor.

Enquiring about guests' medical conditions and allergies before providing spa services.

**January 2002 - February 2010 - Beauty Therapist** at L'Oréal Paris, Mumbai, India, (High Street Salon)

**Duties included:**

Working with hair, such as cut, shampoo, style, and color, and using chemical solutions, such as bleaches and dyes.

Using equipment, such as scissors, clippers, curlers, straighteners, and dryers.

Caring for and selling wigs and hairpieces.

Providing skin care treatments, such as scalp treatments, massages, and facials, and using a variety of lotions and creams.

Shaping eyebrows and removing or trimming unwanted hair from the face.

Giving demonstrations and advice on makeup use.

Caring for nails, such as softening and trimming cuticles, shaping nails, and applying nail polish.

Keeping your work area and equipment clean and sanitary.

Performing business tasks, such as answering phones and making appointments.

Developing new hairstyle, makeup application techniques, and other beauty treatment processes

**Education and Qualifications:**

**2018 All India Alternative Medicine Council**

MD (Doctor of Medicine in Alternative Medicine)

Alternative Medicine like yoga reiki magnotherapy madero therapy aroma therapy massage science Diet and Nutrition

**2017 Indian Institute of Cosmetology Trichology and Nutrition**

Graduate Diploma in Acupressure and Acupuncture

Disease & Treatment Methods by Meridian Point

Anatomy with reference to Acupressure

Yin-Yang Concept & Five Element Theory

Advanced Reflexology (Face, Ear & Spine)

Method for Tonification and Sedition of Meridian of Point

Magnet, General Food Therapy, & Color Therapy

History, Philosophy & Principles of Acupressure therapy

Important Meridian Point, Diagnosis

**2017 Indian Institute of Cosmetology Trichology and Nutrition**

Graduate Diploma in Sports Nutrition

Sports Physiology, Biochemistry and Exercise Metabolism

Nutrition Assessment and Evaluation

Pre, Intra and Post Workout Nutrition

Hydration and Sports Drinks

Sports Nutrition Guidelines and Applications

Supplements and Ergogenic Aids in Sports

Nutrition Strategies for Optimum Sports Performance

Real Case Studies

## **2017 Indian Institute of Cosmetology Trichology and Nutrition**

Graduate Diploma in Medical Spa and Ayurveda Panchakarma

### **1. ANATOMY & PHYSIOLOGY**

Study of Nervous, Muscular & Skeletal Systems

100 % PRACTICALS OF:

### **2. SWEDISH MASSAGE**

European, Physiotherapy Massage for Muscle Toning & Deep Tissue. Ideal Sports & Fitness massage

### **3. AYURVEDIC MASSAGE**

Famous Indian & Kerala Massage (Snehan) for Body & Joint pain & Loosening Doshas

### **4. HAWAIIAN BAMBOO MASSAGE**

Traditional American Body Spa Therapy

### **5. DEEP TISSUE MASSAGE**

Good for Gym goers/ Heavy body

### **6. SPORTS MASSAGE**

Good for Sports people & Athletes

### **7. THAI MASSAGE**

Famous massage of Thailand

### **8. HOT STONE MASSAGE & THERAPY**

Good to stimulate body's 7 Energy Chakras

### **9. BRITISH TRIGGER POINT MASSAGE**

Good to open the Muscle Knots & Adhesions

### **10. CHINESE CUPPING THERAPY**

Good to Improve blood circulation, Relax muscles & Improve muscle Nutrition

### **11. PAIN RELIEF MASSAGE THERAPY**

Good for Back, Legs, Knees & Neck

### **12. MACHINE THERAPIES**

Practicals with Electric Massager & Massage Equipments

### **13. HEAT & STEAM THERAPY**

Orthopedic Heat treatment & Steam Tent (Peti Swedhan)

## **2017 Indian Institute of Cosmetology Trichology and Nutrition**

Graduate Diploma in Weight-loss by Machine and Body Sculpturing

### **1. ETIOLOGY & PHYSIOLOGY of OBESITY**

100% HANDS-ON PRACTICALS of WEIGHT LOSS, INCH LOSS

& BODY SHAPING with ELECTRONIC MACHINES:

## 2. NARF LYPOLYSIS

for BODY CONTOURING & SHAPING with RADIO FREQUENCY

## 3. ULTRA SONIC LIPOLYSIS (U-LIPO)

for INCH LOSS- Tummy Tucks, Thigh Tucks, Hip Tucks

## 4. MESO-LIPOLYSIS & TONNING

for FAT LOSS & BODY SHAPING

## 5. ELECTRONIC MUSCLE STIMULATORS

for TUMMY TUCKS, THIGH TUCKS

## 6. MECHANICAL FAT MOBILISERS

with CELLULITE MOBILISER

## 7. ELECTRONIC THERMAL TREATMENT

with CELLU-THERM MACHINE

## 8. MANUAL BODY WRAPS

for Instant INCH LOSS & BODY SHAPING

# **2016 Tulip International School of Beauty and Wellness Australia**

Graduate Diploma in Massage Science

## 1. ANATOMY & PHYSIOLOGY

Study of Nervous, Muscular & Skeletal Systems

100 % PRACTICALS OF:

## 2. SWEDISH MASSAGE

European, Physiotherapy Massage for Muscle Toning & Deep Tissue. Ideal Sports & Fitness massage

## 3. AYURVEDIC MASSAGE

Famous Indian & Kerala Massage (Snehan) for Body & Joint pain & Loosening Doshas

## 4. HAWAIIAN BAMBOO MASSAGE

Traditional American Body Spa Therapy

## 5. DEEP TISSUE MASSAGE

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## 11. PAIN RELIEF MASSAGE THERAPY

Good for Back, Legs, Knees & Neck

## 12. MACHINE THERAPIES

Practicals with Electric Massager & Massage Equipments

### 13. HEAT & STEAM THERAPY

Orthopedic Heat treatment & Steam Tent (Peti Swedhan)

### 14. CAREER PLANNING

Guidance of starting your own Freelance business & starting your own Massage/Spa centre

## **2016 Indian Institute of Cosmetology Trichology and Nutrition**

Graduate Diploma in Clinical and Obesity Diet

### 1. ENZYMATIC DIGESTION

ABSORPTION & ASSIMILATION OF NUTRIENTS

### 2. STUDY OF MACRO NUTRIENTS

CARBOHYDRATES, PROTEINS, LIPIDS

### 3. STUDY OF MICRO NUTRIENTS

VITAMINS, MINERALS

### 4. SPORTS NUTRITION

PART 2 - CLINICAL DIETETICS

(Practical Clinical Case Studies)

### 5. FOOD VALUATION AND ANALYSIS

CALCULATION OF CALORIFIC & NUTRITIVE VALUES OF FOOD

### 6. GENERATING NUTRITIVE RECIPES

WITH PROPER NUTRITIVE & CALORIFIC VALUES

### 7. CALCULATION OF PATIENT'S CALORIE REQUIREMENT

PATIENT'S ENERGY/CALORIE CALCULATION depending of Age, Sex, Height, Weight & Work Profile

### 8. MENU PLANNING

DESIGNING DIET PLANS FOR INDIVIDUAL'S DAILY FOOD INTAKE IN:

- i. DIABETES: To Control & Regulate Sugar Problems
- ii. HYPERTENSION: To manage BP & Heart Problems
- iii. WEIGHT LOSS & WEIGHT GAIN
- iv. ARTHRITIS & BONE HEALTH
- v. HYPER THYROID & HYPO THYROID
- vi. PCOS (Poly Cystic Ovarian Syndrome)
- vii. PREGNANCY: To Enhance Growth of Baby & Health of Mother
- viii. LACTATION: To Increase the Quality & Quantity of Milk Production
- ix. CHILD HEALTH: To Improve Mental & Physical Growth
- x. SPORTS & FITNESS: To Improve Sports & Fitness Performance
- xi. ANEMIA: To Manage Iron Deficiency

## **2016 All India Alternative Medicine Council**

Bachelor of Naturopathy and Yogic Science

Naturopathy healing Alternative Medicine

## **2016 Indian Institute of Cosmetology Trichology and Nutrition**

Post Graduate Diploma in advanced Skin Aesthetic and Laser

### 1) ANATOMY & PHYSIOLOGY of SKIN & FACE MUSCLES

100% HANDS-ON PRACTICALS OF:

### 2) LASERS in COSMETOLOGY (7 Types of Lasers):

1. Laser Photo Facial
2. Laser Peels for Skin Lightening
3. Laser Hair Removal for Hirsutism with Advanced Lasers
4. Laser Removal of Tattoo & Permanent Make-up
5. Correction of Freckles, Age Spots, Acne Marks with Lasers
6. LASER Therapy to treat Acne/ Pimples
7. Laser Face tightening
- 3) FACE TIGHTENING & REJUVENATION - Natural Collagen Induction:
  - a. PRP GF Therapy
  - b. Micro-Current Therapy
  - c. Vampire Facelift Therapy
- 4) NARF - Non Surgical Face Uplift
  - a. Face Muscle Tightening
  - b. Nasolabial Fold Correction
  - c. Periorbital Area Tightening
- 4) ACNE TREATMENT for :
  - a. Mild Chemical Peels for :
    1. Anti Tanning
    2. Skin Whitening
    3. Skin Smoothing & Tightening
  - b. Advance Deep Chemical Peels:
    - a. Wrinkle Correction
    - b. Skin Rejuvenation
    - c. Photo Ageing
  - iv. Periorbital Pigmentation
- 6) ACNE TREATMENT
  - a. Dermato-Medical approach to Acne & Pimple treatment
  - b. Photo Therapy
  - c. BHA (Beta Hydroxy Acid) procedure
- 7) MICRO-CRYSTAL TECHNOLOGY
  - a. Skin Polishing
  - b. Acne Scar Tissue Repair.
- 8) GUIDANCE for CLINIC SETUP

## **2016 Indian Institute of Cosmetology Trichology and Nutrition**

Post Graduate Diploma in Medical Trichology

Hair & Scalp Anatomy

2. Hair Analysis with Trichoscope
3. Hair Fall Therapies:
  - a. Laser Scalp Stimulation Therapy
  - b. PRP
  - c. Micro Needle Therapy

- d. Meso Therapy
- 4. Hair Volume Enhancement : Camouflaging by Hair Integration for diffused hair loss/ hair thinning,
- 5. Hair Follicle Tightening: NA technique for Anagen Phase Growth.
- 6. Ionisation of Scalp to enhance nourishment in Hair Thinning, Hair Fall & Dandruff.
- 7. Anti-Dandruff Therapy

## **2016 Indian Institute of cosmetology trichology and nutrition**

Post Graduate Diploma in Clinical Cosmetology

- 1. Skin & Face Muscle Anatomy & Physiology

100% HANDS-ON PRACTICALS OF:

- 2. LASERS in Cosmetology Science :
  - a. Laser Photo Facial & Skin Lightening along with Carbon Peel
  - b. Permanent Hair Removal for Hirsutism with Advanced Lasers
  - c. Removal of Tattoo & Permanent Make-up with Lasers
  - d. Correction of Freckles, Age Spots, Acne Marks with Lasers
  - e. LASER Therapy to treat Acne/ Pimples

- 3. CHEMICAL PEELS:- 7 different solo & combination peeling: :-

A. Mild Chemical Peels for :

- a. Anti Tanning
- b. Skin Whitening
- c. Skin Smoothing & Tightening

B. Advance Deep Chemical Peels:

- a. Wrinkle Correction
- b. Skin Rejuvenation
- c. Photo Ageing
- d. Periorbital Pigmentation

- 4. ACNE TREATMENT for :

- a. Dermato-Medical approach to Acne & Pimple treatment.
- b. Photo Therapy to treat Acne/ Pimples.
- c. Beta Hydroxy Acid procedure for Acne treatment.

- 5. NON SURGICAL FACE UPLIFT with computer/ digital controlled machines

- a. Face Muscle Tightening
- b. Nasolabial Fold
- c. Periorbital Area

- 6. MICRO-CRYSTAL TECHNOLOGY

- a. Skin Polishing
- b. Acne Scar Tissue Repair.

- 7. FACE TIGHTENING & REJUVENATION:

- a. Natural Induction of Collagen
- b. Micro-Current Therapy

## **2015 Christine Vamly New York**

CIDESCO Diploma in Beauty therapy

CIDESCO in Beauty Therapy



**2009 Alagappa University**

Bachelor of Commerce

Bachelor Degree of Business Management

**2015 Christine Valmy New York**

CIDESCO Graduate Diploma in Honour (Comite International D'esthetiques et de Cosmetology)

**2015 Christine Valmy New York**

CIBTAC Graduate Diploma in Honour (Confederation of International Beauty Therapy and Cosmetology.)

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