

Curriculum Vitae

Female

D.O.B. 16 May 1991

Number of years working in industry:

2 years 9 months



Candidate ID Number: 169231

Nationality: British

Language Skills:

Fluent: English

Permitted to work in: UK - United Kingdom

Position Sought: Spa Consultant, Senior Therapist, Beauty Therapist, Massage Therapist, Holistic Therapist, Complementary Practitioner, Complementary Therapist, Receptionist, Retail Professional

Personal Statement

An experienced and reliable massage therapist with lymphatic drainage, deep tissue, hot and cold stone massage qualifications as well as experience with holistic therapies such as Reiki healing. A massage therapist that is dedicated to bringing about homeostasis to a client as well as helping clients achieve optimum relaxation and an improved sense of wellbeing. A driven professional that has the ability to offer both salon and mobile massage services, and is adept at recommending personalized treatments in order to further foster customer satisfaction.

Employment History:

May 2023 - Present - Massage Therapist at (most recent employer hidden for confidentiality) London, UK - United Kingdom, (Home/Mobile)

Duties included:

- Crafts and personalises short term as well as long term procedures for each client (to ensure effective results) and to also promote a healthy lifestyle.
- Administers massage to a variety of clients from athletes to the elderly.
- Customises massage techniques for each patient's needs and goals.
- Listens actively to patients in order to understand their 'pain points' and to provide appropriate solutions.
- Creates a safe, clean environment by sanitising work areas, changing treatment room sheets and sterilising equipments before each use.
- Discusses medical conditions and physical well-being with clients in order to suggest appropriate therapies and treatments.
- Includes aromatherapy with essential oils in order to promote wellness and reduce side effects of various ailments.
- Ensures booking systems, massage room procedures and all equipment's are safe and operates efficiently.
- Manipulates soft muscles and tissue for relaxation, sports therapy and the relief of stress related tension.
- Addresses client problems such as pain and tight muscles (or fascia) through therapeutic massage techniques.
- Educates clients with advice on lifestyle adjustments in order to ensure healthy and improved results.
- Has been able to develop a strong client base of repeat customers by providing a friendly, professional service and maintaining courteous customer service.

- Invests in gaining extra CPD skills such as hot and cold stone massage (which has resulted in more variety in treatments and has grown client base).
- Executes various administrative tasks including paperwork such as: Emailing, printing and filing.
- Helps clients feel calm and relaxed with Reiki healing techniques and by providing a relaxing environment.
- Follows agreed protocols and guidelines in order to uphold integrity of basic healthcare practice.
- Monitors and records patients' progress for future evaluation.
- Registers and updates client information on database for accurate record keeping.
- Maintains exceptional client care standards through considerate communication and attention to detail throughout treatments.
- Creates memorable client experiences by delivering a warm welcome, exceptional treatment process and outstanding post-treatment care.

Copes with pressure during unexpected and rapidly changing situations.

Education and Qualifications:

2024 London School of Massage

FHT, IGCT, CMA & IICT Accredited

On Site Chair Massage

2024 London School of Massage

FHT, Think Tree & IICT Accredited

Manual Lymphatic Drainage Massage

2023 London School of Massage

FHT, IGCT, CMA & IICT Accredited

Hot and Cold Stone Massage

2023 London School of Massage

FHT & IICT Accredited

Deep Tissue Massage

2023 London School of Massage

VTCT (ITEC) Diploma in massage course level 3

Anatomy, Physiology, Pathology & Body Massage

2022 East London Reiki

First Degree Shoden Level

Usui Reiki

2023 London School of Massage

VTCT (ITEC) Diploma in massage course level 3 – In Anatomy, Physiology, Pathology & Body Massage

VTCT (ITEC) Diploma – In On-Site Chair Massage (2024)

VTCT (ITEC) Diploma - In Lymphatic Drainage Massage (2024)

VTCT (ITEC) Diploma - In Hot and Cold Stone Massage (2023)

VTCT (ITEC) Diploma - In Deep Tissue Massage (2023)

2022 East London Reiki

First Degree Shoden Level - Usui Reiki

Product Training:

May 2023

London School of Massage

VTCT (ITEC) Level 3 Diploma - Anatomy, Physiology & Pathology

- Deep Tissue Massage (FHT & IICT Accredited)
- Hot and Cold Stone Massage (FHT, IGCT, CMA & IICT Accredited)
- Lymphatic Drainage Massage (FHT, Think Tree & IICT Accredited)
- On Site Chair Massage (FHT, IGCT, CMA & IICT Accredited)

Hobbies and Interests

- Reading
- Yoga
- Meditation
- Zumba and Salsa dancing

CV created at www.spastaff.com

