

# Curriculum Vitae

**Female**

**D.O.B. 23 April 1982**



**Number of years working in industry:**

**21 years 7 months**

**Candidate ID Number:** 17058

**Nationality:** Cypriot

**Language Skills:**

Fluent: English, Greek, Russian

**Permitted to work in:** European Union, UK - United Kingdom

**Position Sought:** Assistant Manager, Treatment Manager / Spa Trainer, Beauty and Spa Trainer/Instructor

## Personal Statement

- Profound knowledge of providing training in beauty and spa therapies.
- Hands-on experience in preparing and delivering updated lessons in beauty services.
- Extremely organising and passionate with my work.
- Strongly believe in teamwork.
- Being positive and confident is the key to success!
- Seeking work in Cyprus and international locations.

## Employment History:

**March 2010 - Present - Head Spa Treatment Trainer and Supervisor** at (most recent employer hidden for confidentiality) Paphos, Cyprus, (5 Star Hotel Spa)

### Duties included:

- Providing practical and theoretical training on various facial, body and holistic treatments, products, equipment and other related applications
- Performing Staff evaluations
- Developing and updating treatment manuals and SOPs
- Organising and performing in-spa training for new starters.
- Monitored work of all spa employees and ensured treatment of all guests in a courteous manner
- Budgeting
- Stock taking

### Products worked with:

- ILA Organic Skin Care
- OSEA Malibu
- Just Pure
- QMS Medi Cosmetics
- OPI
- ESSIE

**July 2005 - July 2010 - Head Therapist** at Thanos Hotel Group, Andromeda Spa, Paphos, Cyprus, (5 Star Hotel Spa)

### Duties included:

- Spa Reception management.
- Stock Taking

- Thalassotherapy treatments
- Nail care services
- Aromatherapy

**Products worked with:**

- Thalgo
- Thalion
- Jessica

**July 2005 - July 2007 - Self- employed** at Essence Beauty Salon, Pafos, Cyprus, (High Street Salon)

**Duties included:**

- Salon management
- Performing facials, body treatments, waxing and nail care services.

**Products worked with:**

- Thalion
- OPI

**May 2004 - May 2005 - Receptionist** at BLISS SPA, London, UK - United Kingdom, (Day Spa)

**Duties included:**

- Spa Receptionist
- Assisting manager with inventory.
- Organizing treatment rooms and staff schedule

**Products worked with:**

- BLISS

**Education and Qualifications:****2014 UNIVERSITY OF DERBY, UK**

Bachelor of Science in International Spa Management

- International Spa Management
- Spa trainer & educator
- International Spa Design

**2005 UNIVERSITY OF THE ARTS LONDON, London College of Fashion**

Foundation Degree in Science Beauty therapy & Health Studies

- Beauty Therapy & Health Studies
- Aromatherapy
- Reflexology

**2002 PIVOT POINT Cosmetology Research Center**

COSMETOLOGY COURSE

Diplomas in:

- Hair Design
- Long Hair Design
- Perm Design
- Hair sculpture Ladies & Men
- People Skills

**Product Training:**

**March  
2014**

### **ILA Organic Skincare**

Almyra Spa - Almyra Hotel & Spa Resort, Pafos

- Holistic treatments based in Ayurveda and Yogic healing
- Lymphatic treatments
- Marma point therapy
- Chakra healing

**March  
2013**

### **QMS**

Almyra Spa - Almyra Hotel & Spa Resort, Pafos

- QMS facial treatments
- QMS Body contouring and anti-cellulite treatments
- QMS products and sales training

**April 2012 OSEA**

Almyra Spa - Almyra Hotel, Pafos (by Jennifer Palmer founder of OSEA company).

- OSEA facials, body wraps and scrubs
- OSEA products and sales training

**March  
2012**

### **Just Pure**

Almyra Spa - Amyra Hotel, Pafos (by Gabriella Just founder of Just Pure company)

- Just Pure facial treatments and body therapies
- Just Pure product and sales training

**May 2007 OPI**

Andromeda Spa - Annabelle Hotel, Pafos

- OPI manicures and pedicures
- OPI Gel nails

**April 2007 Thalgo**

Andromeda Spa - Annabelle Hotel, Pafos

- Thalgo facials
- Thalgo body wraps, scrubs and contouring treatments
- Thalgo products and sales training

**March  
2006**

### **Thalion**

Andromeda Spa - Annabelle Hotel, Pafos

- Thalion facials
- Thalion body wraps and scrubs
- Thalion thalassotherapy treatments

**June 2005 Ionothermie Body**

London College of Fashion, London

- Ionothermie body shape and contouring treatments

**March  
2004**

### **JESSICA**

London College of Fashion, London

- Jessica manicures and pedicures

## **Vocational Qualifications**

- Train the Trainer program
- Health & Safety procedures.
- First Aid

## Hobbies and Interests

- Fitness
- Making natural products

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

