

# Curriculum Vitae

**Female**

**D.O.B. 02 October 1972**

**Number of years working in industry:**

**9 years 0 months**



**Candidate ID Number:** 17632

**Nationality:** British, South African

**Language Skills:**

Fluent: English

Good: Afrikaans

Basic: Indonesian

**Permitted to work in:** UK - United Kingdom

**Position Sought:** Spa Consultant, Spa Manager, Spa Co-ordinator, Assistant Manager, Head Therapist, Senior Therapist, Holistic Therapist, Complementary Practitioner, Complementary Therapist, Holistic Detox Practitioner

## Personal Statement

I am very passionate about my work as a holistic therapist and believe in delivering excellence in all areas of my work to clients. I make sure I always take into consideration what is the most beneficial for the client. I am highly skilled and experienced within my industry with a finance background, this keeps my feet firmly upon the ground, using left and right brain functions! I am self confident, radiant, happy, positive attitude towards life, professional, harmonious. I work happily on my own or work together productively as a team. I'm flexible and respectable within a working environment.

I have spent the past 3 years traveling to Bali Indonesia, learning about the traditional Balinese culture and furthering my studies and practical experience, in the process, to master my skill as a holistic practitioner/therapist.

I believe with my expertise, skills and experience, an employer will be very happy to have me as part of their team.

Thank You!

Seeking work in International locations.

## Employment History:

**October 2008 - October 2012 - Spa Consultant** at (most recent employer hidden for confidentiality) Knightsbridge, London, UK - United Kingdom, (5 Star Hotel Spa)

**Duties included:**

Professional Blogger, social media on luxury lifestyle living, health and wellbeing, fashion and travel. My blogs have been featured and reviewed in the British Vogue, Harpers Bazaar, Tatler and Mens Health magazines.

Im a Complementary Practitioner, Wellbeing Expert, Social Media Blogger on Wellbeing, Teacher of Mindful Meditation, Yoga, Tai Chi, Swedish Massage, Remedial Sports Massage, Aromatherapist (International Federation of Aromatherapists), Hot Stone Treatments, Indian Head Massage, Shamanic Practitioner, Reiki, EFT (Emotional Freedom Technique), Hopi Ear Candling, Client Consultations. Receptionist Duties, Stock Taking, Selling Products, Client Care, Staff Meetings, Rota, Administrative Duties. End of Month Salaries.

**Products worked with:**

Elemis, E'Spa, Jane Iredale,

**Career Break - Training - industry-related**

**October 2007 - October 2009 - Head Therapist** at Salus Natural Therapy Centre, Warwickshire, UK - United Kingdom, (Day Spa)

**Duties included:**

Social Media Blogger on Wellbeing via Word Press, Holistic Therapist, Wellbeing expert, Aromatherapy Massage, Detoxing, Nutrition, Teacher of Mindful Meditation, Yoga & Tai Chi, Qualified in Swedish Massage, Remedial Sports Massage, Reiki, Indian Head Massage, Hot Stone Therapy, Crystal Healing, Hopi Ear Candling, EFT (Emotional Freedom Technique) Client consultations.

Social Media and Professional Lifestyle Blogger my Blogs:

**Products worked with:**

Aromatherapy Essential Oils, Forever Living Products

**October 2003 - October 2006 - Senior Therapist** at Wildmoore Spa, Warwickshire, UK - United Kingdom, (5 Star Hotel Spa)

**Duties included:**

Head Therapist, Client Consultations, treatments, Swedish massage, Aromatherapy Massage, Reiki, Remedial Sports Massage, before and after care, showing groups of clients to view the spa. Arranging therapists time sheets, assisting with receptionist duties, answering telephones, dealing with client queries at front desk. Training Therapists in new treatment packages, creating new treatment packages for spa. Therapists monthly reviews.

Social Media and Blogger.

My health and wellbeing blog has been reviewed in the British Vogue, British Harpers Bazaar, Tatler USA, Canadian, Men's Health magazines.

**Products worked with:**

Elemis, Jane Iredale, Aromatherapy Essential Oils

**October 2000 - December 2003 - Temping** at Hays Recruitment Agency, NHS, UK - United Kingdom, (Hospital / Medical Clinic)

**Duties included:**

Medical Secretary for the NHS, Psychology Department, answering phone calls for patients, typing patients personal medical records, bookings Psychologists diaries, typing out medical records for patients, filing medical records, dictaphone typing, Dealing with in and out going patients. Dealing with emergency calls.

**October 1993 - October 1999 - Financial/Sales Consultant** at Progressive Systems, Stock Market Trading, Durban, South Africa, South Africa, (Home/Mobile)

**Duties included:**

Senior Stock Market, Financial and Sales Consultant, for local stock market JSE and international stocks and shares. Consulting clients on portfolio management and educating clients on stock market trading through various computer software packages. Training clients on computer programmes to follow their shares for buying and selling on the stock market. Liasing with stock brokers and sales team. Organizing seminars to set up for clients and international speakers on latest trends and trading advise. Organizing sales representatives meetings set up. Managing staff and staff meetings on client liaison and productivity. Training staff on telesales and sales skills, for planning and reaching sales targets, weekly and monthly. Adminstrative duties, internet, wordperfect, excel- spreadsheets, time sheets, filing, telephone duties.

**Career Break - Training - industry-related**

**Education and Qualifications:**

## **2003 Jane Rochford College (IFA)**

Diploma

Holistic Therapist, Aromatherapy, Indian Head Massage, Swedish Massage, Anatomy & Physiology, Reiki, Hopi Ear Candling, EFT (Emotional Freedom Technique), Hot Stone Therapy, Shamanic Practitioner, Crystal Healing. Teacher of Meditation.

## **1993 College of Durban, Natal, South Africa**

Diploma

Fashion Design

## **1990 Hillcrest High School**

Biology, History, Geography, English, Afrikaans, Zulu, Art, Drama in South Africa

## **Product Training:**

**February 2006** **Elemis, Jane Iredale**

Jane Rochford School of Aromatherapy, UK

Elemis creams, moisturizers, body scrubs, male and female range, scents, essential oils, facials. Jane Iredale organic mineral make up range.

## **Vocational Qualifications**

Wellbeing Expert/Coach, teacher of Mindful Meditation, Yoga, Tai Chi, Martial Arts, Teacher of Yoga Breath work to athletes and scuba & free style divers. Aromatherapist, Holistic Detox Practitioner, specialising in consulting people for a better and healthier balanced lifestyle, through coaching and guidance on nutrition, eating, raw food, destress through meditation, relaxation through breathing techniques, exercise, dream analysis through shamanic dream journeying.

I'm an artist and writer, who assists people in using creativity as a tool for healing and self expression.

First Aid course, Anatomy and Physiology, mixing of up to 60 different aromatherapy essential oils, making my own blends to suit the clients needs and what is beneficial to the client.

Creator of my own blog and websites, twitter, facebook, you tube videos for social media marketing.

## **Hobbies and Interests**

I am very enthusiastic and passion about health and wellbeing and living a healthy 'holistic' lifestyle, mind, body and spirit. I meditate every day for the past 20 years for inner and outer calm and balance and harmony. I 'walk the talk' and effectively lead a balanced, healthy lifestyle, mind, body and spirit. Through healthy eating plan, detoxing, meditating every day, tai chi, positive affirmations and positive thinking! Eating balanced meals, I'm vegan and enjoy making my own healthy recipes and in process of publishing my own recipe book based on detoxing with smoothies and juicers and healthy vegan cuisine.

I've travelled the world and taught and run retreats on health and wellbeing.

I am passionate about learning from different cultures and have traveled extensively, learning about different cultures and how people live in different countries. I believe we are really very similar and should respect one another regardless of race, colour or creed.

I enjoy dancing, trained in classical ballet. I enjoy reading many types of books from classical literature, Jane Austen, William Shakespeare to books on positive thinking, Antony Robbins, Deepak Chopra, Dalai Lama to Doreen Virtue.

I have an interest in business, finance, stock market trading (my background before I became a holistic therapist)

I've created and designed 3 successful blogs and work within social media part time.

I appreciate to work as part of a team or independently. I enjoy life and live by a simple philosophy that to keep a balance and a positive mind, exercise and meditate often, eat healthy, breathe and surround yourself with loving and positive people. Do your best at all times and learn to be the teacher and student. Enjoy life and live with gratitude and honesty.

SPA STAFF. COM

