

# Curriculum Vitae

**Male**

**D.O.B. 01 October 1998**

**Number of years working in industry:**

**2 years 0 months**



**Candidate ID Number:** 177768

**Nationality:** Egyptian

**Language Skills:**

Good: English

Basic: Arabic

**Permitted to work in:** Egypt

**Position Sought:** Assistant Manager, Treatment Manager / Spa Trainer, Massage Therapist, Holistic Therapist, Complementary Practitioner, Complementary Therapist, Fitness Professional, Swim / Aqua Fit Teacher

## Personal Statement

I am an ambitious individual, continuously striving to develop my skills and expertise in sports and physical rehabilitation to help others achieve the best version of themselves. I believe that dedication and lifelong learning are the keys to success, and I aim to be a source of inspiration and strength to those around me.

Seeking work in international locations and cruise ships

## Employment History:

**January 2019 - January 2021 - Spa Consultant** at (most recent employer hidden for confidentiality) Cairo, Egypt , (5 Star Hotel Spa)

**Duties included:**

In my role as a Physical Rehabilitation and Massage Specialist, I provided personalized massage therapy sessions that promoted muscle recovery, enhanced performance, and prevented injuries. I worked closely with athletes from various sports, including professional football teams, ensuring they received comprehensive care tailored to their specific needs. This included conducting regular assessments, developing rehabilitation plans, and applying therapeutic techniques to improve mobility and reduce pain.

I take pride in my attention to detail and ability to create customized massage and rehabilitation programs that address individual conditions and goals. My experience has allowed me to build strong relationships with clients by maintaining a professional yet empathetic approach, ensuring their comfort and trust throughout the healing process.

My background also includes working in health clubs, where I was responsible for providing sports massage services, supporting post-workout recovery, and advising clients on injury prevention techniques. Through these experiences, I have refined my skills in various massage techniques, including deep tissue massage, trigger point therapy, and myofascial release.

**Products worked with:**

- Chillout Massage
- Al-Moqawelon Alarab Sporting club

**Education and Qualifications:**

## **2020 Spa**

Certified

- Deep tissue massage
- Lymphatic drainage massage
- Thai massage
- Fire cups

## **2020 Faculty or physical education**

Bachelor's degree

## **Product Training:**

### **January 2025**

- Faculty of physical education
- Chillout massage for health clips

Cairo Egypt

- Deep tissue massage.
- Lymphatic drainage massage.
- Thai massage

## **Vocational Qualifications**

Rescue Course

- Granting Body: Egyptian Diving and Rescue Federation

Swimming Instructor Preparation

- Granting Body: Egyptian Diving and Rescue Federation

## **Hobbies and Interests**

- Gain experience quickly.
- Adapt quickly.
- Media production.
- Parkour sport.

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

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