

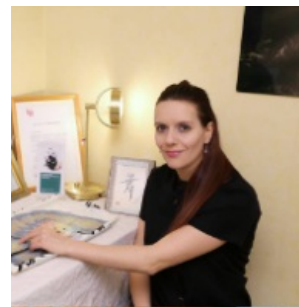
# Curriculum Vitae

**Female**

**D.O.B. 06 December 1984**

**Number of years working in industry:**

**15 years 4 months**



**Candidate ID Number:** 178220

**Nationality:** Scottish

**Language Skills:**

Fluent: English, Spanish

Good: Portuguese

Basic: Japanese, German, French, Italian

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

**Position Sought:** Spa Consultant, Head Therapist, Senior Therapist, Massage Therapist, Holistic Therapist, Complementary Practitioner, Complementary Therapist, College Tutor

## Personal Statement

I would say I am an exceptionally patient person when dealing with people and listen well when they are explaining their problems. I would like to go to raise the vibration of the planet one person at a time via treatments and lessons that will help them to relax and enjoy life to the fullest when their tension is released and mind less distracted.

Seeking work in national and international locations

## Employment History:

**January 2025 - Present - Holistic Therapist** at (most recent employer hidden for confidentiality) Glasgow, UK - United Kingdom, (High Street Salon)

### Duties included:

I have been running serene senses from my home for 10 years marketing to clients. I booked clients, went through consultations with them, gave treatments including Indian head massage, aromatherapy, Swedish Massage, Thai yoga massage, ear candling facials, reflexology, eden energy medicine, reiki, guided meditation and crystal therapy. I dealt with all stock taking, sorted my own rota and budget and did my tax accounts each year.

### Products worked with:

Neals Yard, do terra and other essential oils blended with coconut or grapeseed,

**January 2025 - Present - Massage Therapist** at contracted for tranquil times, Paisley, UK - United Kingdom, (Home/Mobile)

### Duties included:

Once weekly I see clients at tranquil times. Booking are made by the salon owner I arrive to delivering 10 different types of holistic massage and energy healing and kept the treatment room clean after use. I then was contracted to attend 3 separate disabled clients living in a care home in Paisley and see them for massage treatments weekly bringing my own equipment for reflexology and Indian head massage.

### Products worked with:

Neal's Yard and essential oil blends created at home using do terrra and a range of base oils

**June 2012 - February 2025 - College Tutor** at St Andrews College Language School, Glasgow, UK - United Kingdom, (College)

**Duties included:**

I worked as an English teacher within the summer school and since 2007 I have worked as a self employed freelance teacher teaching Spanish and English and have been contracted by Edinburgh Tutors and taught workshops in Indian Head massage and got various students through a diploma programme since September 2021. I have used massage techniques and Eden Energy Medicine exercises in a lot of my language classes without oils just using the acupressure points to learn about body parts and teaching students affirmations in other languages.

**Products worked with:**

Ayurvedic blends used within indian head massage including kottakkal oils direct from Rishikesh and Essential Ayurveda.

**October 2010 - July 2018 - Support worker** at University of the West Of Scotland, Glasgow, UK - United Kingdom, (College)

**Duties included:**

Support worker, invigilator, scribe and exam reader for physically and mentally impaired students at the University of the West of Scotland, Paisley Campus.

**Products worked with:**

n/a

**Education and Qualifications:**

**2024 Energize! Therapies and Training**

VCTC Level 3 Certificate

Swedish Massage with anatomy and physiology

**2024 Energize! Therapies and Training**

Diploma

VCTC in Education and Training - Put to use in giving training diplomas in Indian head massage since 2021.

**2015 Energy Medicine Now**

Certificate

Activating Energy via Fascia

**2015 Innersource**

Certification

Eden Energy Medicine Certification Practitioner

**2012 Bewitching Beauty**

Certificate

Hot Stone Massage

**2012 Caledonian school of beauty**

Certificate

Indian Head Massage

**2008 La Casa Elizalde**

Certificate

Aromatherapy and Thai Massage Training

**2008 Many as stated above**

Various diplomas and certificates as stated above

Neals Yard Facials October 2015, Diploma in Guided meditation and deep relaxation therapy July 2017,

Reflexology November 2016; Reiki Master Teacher level January 2016, Aromatherapy Diploma December 2018, Ear Candling February 2020, Thai Massage CPD workshops September 2019, Thai Pregnancy Massage April 2020, Thai Foot Massage April 2021, Fully certified to teach Indian Head Massage in October 2021;

### **2007 University of Glasgow**

Hispanic Studies 2:1

(Degree entails knowledge of Spanish, and Portuguese languages, history and culture as well as studying literature from Brazil and various parts of South America)

Theatre Studies Level 3 B

Italian Level 1 B

### **2002 Mearns Castle High**

Advanced Higher Computing (C) Intermediate 2 Spanish (B) Higher Drama (C)

## **Product Training:**

**February  
2025**

**Neal's Yard Facial Products and body massage oils**

Online via neals yard website

Neal's yard facials

**January  
2018**

**Neals Yard massage oils**

Online

I learnt how to deliver aromatherapy massages using neals yard products and regularly use their massage oils.

**October  
2016**

**Neals Yard facial products**

I was trained to do facials within the Bewitching Beauty salon using their own products and then decided to take further training online with Neals Yard.

Neals Yard facials

## **Vocational Qualifications**

Teaching Spanish and English, Proofreading and timemanagememt for university students, all Microsoft office products, basic video editing, guided mediation hosting and workshop management, , Eden Energy Medicine instruction.

## **Hobbies and Interests**

I do regular yoga, do guitar and singing performances at open mics, I like to dance with fire using poi, staffs and hula hoops. I attend buddhist meetings and meditate regularly.

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

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