

Curriculum Vitae

Female

D.O.B. 16 November 1976

Number of years working in industry: 12 years 7 months

Candidate ID Number: 179362

Nationality: Italian, British

Language Skills:

Fluent: English, Italian

Basic: Spanish

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

Position Sought: Head Therapist, Massage Therapist, Holistic Therapist, Complementary Practitioner, Complementary Therapist

Personal Statement

Highly knowledgeable about holistic, integrative and functional health, with a focus on the muscular, skeletal system and Immune System.

My most practiced professional skill is deep tissue massage and somatic coaching, including mobility exercises.

My best qualities are compassionate and active listening, with abilities to empower individual and mediate in situations when there is conflict (or frustration with one's self).

My life goal is empowering individuals to an embodied healthier self.

Employment History:

January 2025 - January 2025 - Head Therapist at (most recent employer hidden for confidentiality) Lecce, Puglia, Italy, (5 Star Hotel Spa)

Duties included:

All aspects of high end customer care. From booking to treatment and to follow up.

Holistic health consulting. Supporting clients' wellbeing and addressing their concerns.

Responsible for client satisfaction and bookings.

Products worked with:

Espa, Mandarin Oriental, Elemis, Clarins,

Career Break - Traveling

January 2011 - August 2023 - Head Therapist at Self Employed, London, UK - United Kingdom, (5 Star Hotel Spa)

Duties included:

Delivering high standard massage therapy treatments to professionals, and high-profile clients.

- Focus on empowering client's own wellbeing and sense of embodiment
- Specialising in deep tissue to ease muscle tension and muscle imbalance
- Expert in pregnancy massage, massage during labour and postnatal massage.

- Liaising with Doctors and Midwives in the NHS as well as private hospitals, advocating for clients and helping them understand their options, receiving person-centred care.
- Delivering excellent customer care, from initial booking to treatment, after care advice and follow-up for future appointments.
- Understanding client's needs, signposting or referring when required.
- Giving clients easy and effective after care advice, following progress to support behaviour changes with accountability, empowering the clients to take their health in their own hands.
- Coach and guide clients to feel more present in their bodies, through breath work, guided meditation and somatic exploring.
- Building and managing all aspects of customer care including collaboration with Hotels and Spas and fulfill the consultant role.

Career Break - Traveling

Education and Qualifications:

2021 The Sea School of Embodiment

Diploma

Embodiment Coach and Somatic Practitioner. I can teach meditation, somatic practices inlcuding body scanning and breath work.

2011 Various

BTEC 4

Sport massage, Common neck and back conditions.

Pregnancy and postpartum treatments.

Birth preparation

2011 London School of Massage

BTEC lev 4

Product Training:

**January
2011**

Deep Tissue Massage, Sport Massage, Pregnancy Massage, Postpartum massage

All my training was in London with Top schools and chartered physiotherapists. All original diplomas and certificates are available

All aspect of the Human Body's Anatomy and Pshysiology knowledge to treat the muscular system with specificity to individual needs.

Particular focus on deep tissue, sport massage as well as Pregnancy and postpartum treatments.

Vocational Qualifications

Fantastic organizaitonal skills, mediation and conflic resolutions skills, excellent customer care.

Hobbies and Interests

Vinyasa Yoga,

Somatic practices,

Nutrition with particular focus to allergies and immune system reactions.

Dancing

Horse Riding

CV created at www.spastaff.com

