

# Curriculum Vitae

**Female**

**D.O.B. 26 March 1979**

**Number of years working in industry:**

**7 years 7 months**



**Candidate ID Number:** 180844

**Nationality:** Italian

**Language Skills:**

Fluent: Italian

Good: English

Basic: French

**Permitted to work in:** European Union

**Position Sought:** Senior Therapist, Massage Therapist, Holistic Therapist

## Personal Statement

As a dedicated and passionate massage therapist with nearly a decade of experience, I strive to create deeply restorative experiences that promote relaxation and well-being. My goal is to work in a nature-connected environment where I can contribute my skills to a team that values holistic wellness, sustainability, and authentic human connection.

Seeking work in international locations

## Employment History:

**July 2021 - November 2023 - Spa Manager** at (most recent employer hidden for confidentiality) Laives, Italy, ( Hotel Spa)

### Duties included:

- Management of a team of three therapists and their training, ongoing quality control of the service in both SPA and sauna area.
- Daily customised massages and treatments for clients.

### Products worked with:

- Vitalis Dr. Joseph

**September 2019 - June 2021 - Massage Therapist** at Freelance, Verona, Italy, (Home/Mobile)

### Duties included:

- Freelancer for several SPA and beauty centres.
- Staff training in Sport massage, Hawaiian Lomi Lomi, and other techniques.

### Products worked with:

Guinot, Vitalis Dr. Jospeh, Maria Galland

**November 2018 - August 2019 - Massage Therapist** at Hotel Ideal Park, Laives, Italy, ( Hotel Spa)

**Duties included:**

- Vitalis Dr. Joseph

**Products worked with:**

- Swedish, Aroma, Sport Massage
- Aufgussmeister (I provided rituals with essential oils, and natural scrub) in sauna and steam bath.

**October 2017 - November 2018 - Massage Therapist** at Cavallino Bianco Family SPA Grand Hotel, Ortisei, Italy, ( Hotel Spa)

**Duties included:**

- Wide range of massages, including Sport, Relaxing, Aroma, Californian, Ayurveda, Cellulite, Reflexology, Balinese, Polynesian, Hot Stone, Candle.
- Hay baths, scrubs, wraps.
- Arrangement of the afternoon buffet in spa, help with sauna rituals.

**Products worked with:**

Guinot, Maria Galland, Vitalis Dr. Joseph

**June 2017 - October 2017 - Massage Therapist** at Hotel Fanes, San Cassiano, Italy, (5 Star Hotel Spa)

**Duties included:**

- Several massage techniques: Sport, Hawaiian Lomi Lomi, Relaxing, Hot Stone, Candle, Reflexology, Cupping, Californian, Ayurveda.
- Treatments such as mud and Hay baths, wraps, scrub.

**Products worked with:**

Maria Galland, Guinot

**December 2015 - April 2017 - Massage Therapist** at SPA and Thermal medical spa, Trentino and Alto Adige, Macau, ( Hotel Spa)

**Duties included:**

- During these years, I have developed expertise in various massages and treatments for effectively addressing specific client needs and enhancing the outcomes.
- I have also worked in a thermal medical spa “Terme di Rabbi – Fonti di Rabbi” to support the recovery of patients with circulatory and respiratory diseases.

**Products worked with:**

- Maria Galland

**Education and Qualifications:**

**2025 Sthenos Academy - Milan, Italy**

Diploma

Holistic & Sport Massage Therapist

**2024 Wat Po & Chetawan Schools -Thailand**

Certificate

- Professional Thai Massage for Health and Therapy

**2023 AMI Academy - Spilimbergo, Italy**

National Diploma

Sport Massage

**1998 Alessandro Manzoni**

- Diploma Liceo Socio-Psico-Pedagogico

## **Vocational Qualifications**

First Aid and Cardiopulmonary Resuscitation

IELTS test: overall 6

## **Hobbies and Interests**

I enjoy spending my free time in nature, walking or cycling, and exploring new places away from the city. I practice yoga and meditation and regularly attend spiritual groups to nurture and share my inner growth. I support initiatives against food waste and am an advocate for the protection and conservation of wildlife.

I use to volunteer for Open table - North Fitzroy community lunch. It is a non-profit organization that supports no-waste food.

I use to volunteer for ACES (Aboriginal Community Elders Services) in supporting HACC Planned Activity Group (PAG) in arts & crafts, and hydrotherapy activities.

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

