

Curriculum Vitae

Female

D.O.B. 26 January 1976

Number of years working in industry:

10 years 9 months



Candidate ID Number: 181173

Nationality: Japanese, British

Language Skills:

Fluent: English, Japanese

Basic: Italian

Permitted to work in: UK - United Kingdom, Japan

Position Sought: Senior Therapist, Massage Therapist

Personal Statement

I have worked as a massage therapist for over a decade, combining attention to detail with a deep commitment to continuously improving my techniques. I have built a reputation for delivering highly satisfying experiences at highstreet therapy rooms, high-end hotels and spas. I genuinely enjoy helping people transform their state—from pain to ease, anxiety to peace, and stress to calmness. I also prioritise exercise and a healthy lifestyle, which keeps me strong and injury-free. I take great pride in being highly responsible, working with integrity, and providing the best possible care to my clients. As a caring and team-oriented professional, I value collaboration and always strive to support those around me. I enjoy being part of a team and believe that a positive, cooperative attitude helps create a great working environment. I approach my work with professionalism, kindness, and adaptability. With a deep love for the sea, I aspire to bring my skills to a cruise ship spa in the future.

Seeking work in national and international locations and cruise ships

Employment History:

May 2021 - February 2025 - Senior Therapist at (most recent employer hidden for confidentiality) London, UK - United Kingdom, (5 Star Hotel Spa)

Duties included:

As a mobile massage therapist, I provided Swedish massage, pregnancy massage, reflexology, pregnancy reflexology, facial massage and reflexology, Reiki, and aromatherapy massage at five-star hotels and fitness clubs across London. My responsibilities included conducting thorough consultations to assess clients' needs and delivering personalized treatments to ensure their well-being and relaxation.

May 2014 - February 2025 - Massage Therapist at Torus Holistic Health, Hackney, UK - United Kingdom, (High Street Salon)

Duties included:

As a freelance massage therapist, I collaborated with high-street wellness centers and fitness clubs, such as The Healthy Living Centre and The Refinery, to host taster days as a marketing strategy. With support from therapy room owners and word-of-mouth referrals, I successfully grew my client base over the years. I also manage a website that showcases the range of holistic bodywork services I offer and facilitates booking inquiries. Additionally, I conduct thorough consultations to ensure personalised treatments tailored to each client's needs, prioritising their well-being and safety. I also offer original blend aromatherapy massage oils for sale when beneficial to clients. Furthermore, I send regular newsletters to subscribed clients, sharing wellness tips and updates on new offers.

Products worked with:

I blend my own aromatherapy oils for massage therapy.

Education and Qualifications:

2022 LONDON SCHOOL OF MASSAGE

DIPLOMA VTCT Level 3

Aromatherapy

2022 LONDON SCHOOL OF MASSAGE

ITEC Level 2 Award

Infection Prevention (Corvid-19) for Complementary Therapies and Sports Massage

2020 GATEWAY WORKSHOPS, LONDON, UK

CERTIFICATE

The Health, Safety and Hygiene - Returning to work Corvid-19

2020 Udemy

CERTIFICATE

Manual Lymphatic Drainage

2020 Udemy

CERTIFICATE

DEEP TISSUE MASSAGE

2020 TANTRA YOGA RETREAT, GOA, INDIA

CERTIFICATE

Shamanic Healing Breath Work

2019 GATEWAY WORKSHOPS, LONDON, UK

DIPLOMA

Pregnancy Massage/Abdominal and Full Body

2018 CITY LIT, LONDON, UK

DIPLOMA, ITEC Level 3, Merit

Massage

2017 LONDON SCHOOL OF REFLEXOLOGY, LONDON, UK

CERTIFICATE

Facial Reflexology

2016 LONDON SCHOOL OF REFLEXOLOGY, LONDON, UK

DIPLOMA

Reflexology, Preconception, Pregnancy & Post Natal Care

2014 LONDON SCHOOL OF MASSAGE

ITEC Level 3, Merit

Anatomy, physiology and pathology for Complementary Therapies

2013 London School Of Massage, London, UK

DIPLOMA ITEC Level 3

Reflexology

2013 GATEWAY WORKSHOPS, LONDON, UK

DIPLOMA

Indian Head Massage

2012 Samasati, Gendai Reiki Healing System, Okinawa, Japan

CERTIFICATE

Reiki Healer Level 1-3 Gendai Reiki

2012 GOLDEN LOTUS STUDIO AND MASSAGE SCHOOL, KAUAI, HAWAII
CERTIFICATE

Reflexology

2009 THE CHAKRA TRADITIONAL THAI MASSAGE SCHOOL, THAILAND
CERTIFICATE

Traditional Thai Massage

2000 St Martins School Of Art

Fashion Folio Course

1998 Bunka Gakuen University

BA in Fashion Design

Vocational Qualifications

- Applied Colour Psychology Consultant

Hobbies and Interests

- Swimming in the sea
- Kayaking in the sea
- Exercising
- Gardening
- Painting
- Cooking
- Driving

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