

# Curriculum Vitae

**Female**

**D.O.B. 25 April 1983**

**Number of years working in industry: 13 years 0 months**

**Candidate ID Number:** 183935

**Nationality:** Spanish, Uruguayan

**Language Skills:**

Fluent: Portuguese

Basic: German, French, Italian, Russian, Arabic

**Permitted to work in:** European Union, Uruguay

**Position Sought:** Spa Consultant, Regional Senior Manager, Spa Director, Spa Co-ordinator, Head Therapist, Senior Therapist, Massage Therapist, Holistic Therapist, Complementary Practitioner, Complementary Therapist

## Personal Statement

Seeking work in national and international locations and cruise ships

## Employment History:

**January 2012 - January 2025 - Spa Manager** at (most recent employer hidden for confidentiality) Barcelona , Spain, (Hospital / Medical Clinic)

### Duties included:

As a highly skilled and experienced therapist, I have provided a wide range of specialized treatments, combining traditional and modern techniques to promote overall well-being. My responsibilities have included:

Performing therapeutic and holistic treatments, including deep tissue massage, aromatherapy, reflexology, lymphatic drainage, Kobido facial massage, aculifting, Tuina, Shiatsu, and Chinese physiotherapy.

Assessing clients' needs and providing personalized treatment plans to address their physical and emotional well-being.

Conducting facial therapies using luxury skincare brands such as Natura Bissé, Alqvimia, Dr. Hauschka, and Biologique Recherche.

Managing client consultations, ensuring a deep understanding of individual concerns and recommending suitable treatments and home care.

Overseeing spa operations, including stock control, product inventory, and maintaining high hygiene and safety standards.

Collaborating with the team to create a seamless guest experience, ensuring excellence in service and client satisfaction.

Educating clients on self-care practices and wellness routines to enhance the benefits of treatments.

Supporting spa management in promotional activities, staff training, and service development to improve overall business performance.

### Products worked with:

Natura Bissé

Alqvimia

Dr. Hauschka

Dulkamara Bamboo

Elemis

Comfort Zone

Biologique Recherche

**Career Break** - Training - industry-related

**Education and Qualifications:**

**2025 Various**

Degree

- I have pursued extensive training in holistic therapies, wellness, and advanced skincare, obtaining certifications in multiple specialized treatments. My education includes:

Advanced Therapeutic & Holistic Treatments Deep Tissue Massage Aromatherapy & Essential Oil Therapy Reflexology Shiatsu & Tuina (Chinese Therapeutic Massage) Lymphatic Drainage Therapy Sports & Rehabilitation Massage Chinese Physiotherapy Facial & Aesthetic Treatments Kobido Japanese Facial Massage Facial Acupuncture & Acu-Lifting Dr. Hauschka Holistic Facials Natura Bissé & High-End Skincare Treatments Aromatherapy Facial Massage Manual Sculpting & Lifting Techniques Energy & Well-being Therapies Reiki (Certified) Traditional Chinese Medicine Foundations Meditation & Mindfulness Practices for Wellness Ayurvedic Massage Techniques Spa & Business Training Spa Management & Customer Experience Product Knowledge & Application (Natura Bissé, Alqvimia, Dr. Hauschka, Biologique Recherche) Consultation & Personalized Treatment Planning

**2025 Various**

Degree

I have pursued extensive training in holistic therapies, wellness, and advanced skincare, obtaining certifications in multiple specialized treatments. My education includes:

Advanced Therapeutic & Holistic Treatments

Deep Tissue Massage

Aromatherapy & Essential Oil Therapy

Reflexology

Shiatsu & Tuina (Chinese Therapeutic Massage)

Lymphatic Drainage Therapy

Sports & Rehabilitation Massage

Chinese Physiotherapy

Facial & Aesthetic Treatments

Kobido Japanese Facial Massage

Facial Acupuncture & Acu-Lifting

Dr. Hauschka Holistic Facials

Natura Bissé & High-End Skincare Treatments

Aromatherapy Facial Massage

Manual Sculpting & Lifting Techniques

Energy & Well-being Therapies

Reiki (Certified)

Traditional Chinese Medicine Foundations

Meditation & Mindfulness Practices for Wellness

Ayurvedic Massage Techniques

Spa & Business Training

Spa Management & Customer Experience

Product Knowledge & Application (Natura Bissé, Alqvimia, Dr. Hauschka, Biologique Recherche

)

Consultation & Personalized Treatment Planning

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

