

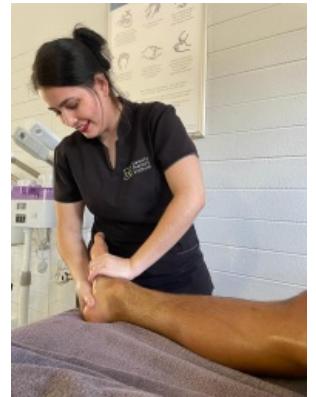
Curriculum Vitae

Female

D.O.B. 20 June 2002

Number of years working in industry:

3 years 3 months



Candidate ID Number: 184915

Nationality: Namibian

Language Skills:

Fluent: English, Afrikaans

Permitted to work in: Namibia

Position Sought: Assistant Manager, Massage Therapist, Receptionist, Area Sales Representative

Personal Statement

Warm greetings from Namibia! ☺

I'm a passionate and intuitive massage therapist with international training and a heart for healing. I create safe, calming spaces where clients can truly relax - physically, emotionally, and energetically. My approach blends therapeutic techniques with a holistic touch, focusing on personalized care, emotional well-being, and restoring balance. Whether I'm working in a spa, on a cruise ship, or in a home-based setup, I bring professionalism, compassion, and a grounded presence to every session.

TRAVEL-READY & DOCUMENTS

- ❖ ... Passport Ready
- ❖ ... C1D U.S. Crew Visa Approved
- ❖ ... Clean Namibian Police Clearance
- ❖ ... Dental Declaration Submitted
- ❖ ... Flexible for Cruise Ship or Resort Work
- ❖ ... Fully Vaccinated & Available for Immediate Travel

Employment History:

January 2025 - Present - Massage Therapist at (most recent employer hidden for confidentiality) Rundu, Namibia, (Home/Mobile)

Duties included:

As a self-employed massage therapist, I provide a variety of treatments, such as Swedish massage, aromatherapy, and reflexology, while ensuring client satisfaction and comfort. In addition to performing treatments, I manage all aspects of the business, including client bookings, invoicing, and maintaining treatment supplies. My additional responsibilities include stock management, inventory checks, and ordering products, as well as overseeing the cleanliness and organization of the space. I also handle marketing and promotional activities for the business. I gained similar experience in my previous job and during college, where I was responsible for stock taking, managing bookings, and maintaining a professional environment. This was excellent practice for developing a well-rounded skill set in both treatment and business operations.

Products worked with:

Salon care

Essential Oils (for customized aromatherapy blends based on chakras)

Coconut oil, Almond oil, Hazelnut oil, Grapeseed oil

Kayolin clay

Hemp seed masks

Hot stones

June 2024 - December 2024 - Massage Therapist at The Comfort Corner (self employed in a rented space), Windhoek, Namibia, (Day Spa)

Duties included:

- Developed and delivered customized wellness experiences rooted in chakra therapy, lymphatic drainage, aromatherapy and more.
- Managed daily spa operations including my own bookings, client relations, treatment design and product detail.
- As it was a shared space with other therapists, always ensured the reception area and treatment room area was left clean.

Products worked with:

Aromatherapy essential oils

Different kinds of base oils based on clients needs; almond oil, grapeseed oil, hazelnut oil and much more

Sold Avon body/face products for extra commission

Kayolin clay

Hot stones

Different hair oils; Amla oil, agra oil, coconut oil and more

October 2022 - September 2023 - Massage Therapist at Oukelele Day Spa, Windhoek, Namibia, (Hotel Spa)

Duties included:

- Provided professional massage therapy tailored to relaxation and muscle relief
- Maintained a high standard of hygiene and treatment ambiance
- Handled consistent back-to-back bookings whilst ensuring each client received personalised care

Career Break - Training - industry-related

Education and Qualifications:

2025 London Wellness Academy Cape Town

Certificates in ELEMIS product training & body therapy

Cruise Ship Massage Therapy Training

2024 Beauty Therapy Institute Windhoek

Itec Level 3 Holistic Diploma

I completed formal training in Massage Therapy and Holistic Health, with certified qualifications in Indian Head Massage, Reflexology, Aromatherapy, and Manual Lymphatic Drainage. I also studied Anatomy and Physiology, as well as Business Management, through the Beauty Therapy Institute. Additionally, I received advanced spa therapy training through the London Wellness Academy, where I qualified in Aroma Stone Therapy, Bamboo Massage, Thai Herbal Poultice, Coconut Poultice, Restorative Salt Stones, Ocean Spa Wave technology, Swedish Massage, and other specialized body treatments. All training was confirmed with certificates

2025 London Wellness Academy Cape Town

Aroma Stone Therapy

Swedish Massage

Bamboo Massage

Aroma Spa Ocean Wrap

Thai Herbal Poultice Massage

Intensely Cleansing Salt Scrub

Coconut Poultice

Restorative Salt Stones

R3 Therapy (Results, Recovery, Radiance)

Zero Gravity Massage

Ocean Spa Wave

2024 Beauty Therapy Institute Windhoek

Beauty Therapy Institute Windhoek (BTI)

Holistic Massage

Indian Head Massage

Pregnancy Massage

Hot Stone Massage

Anatomy & Physiology

Business Management & Basic Accounting

Product Training:

April 2025 ELEMIS

London Wellness Academy Cape Town

All ELEMIS:

Aroma Stone Therapy

Swedish Massage

Bamboo Massage

Aroma Spa Ocean Wrap

Thai Herbal Poultice Massage

Intensely Cleansing Salt Scrub

Coconut Poultice

Restorative Salt Stones

R3 Therapy (Results, Recovery, Radiance)

Zero Gravity Massage

Ocean Spa Wave

Vocational Qualifications

Administration Skills

Reception & front desk support

Personal Assistant

First Aid (expired in 2024)

Cash handling & basic bookkeeping

Email & correspondence handling

Data entry & database updates

Processing invoices & receipts

Assisting with stock or parts order

Following up on payments

Creative campaign planning

Hobbies and Interests

Meditation

Wellness & healing

DIY Spa products

Learning about cultures

Animal rescue & care

Travel planning

Digital content creation

Culinary creativity & home baking and selling of cakes/puddings

CV created at www.spastaff.com

