

# Curriculum Vitae

**Female**

**D.O.B. 10 January 1985**

**Number of years working in industry: 3 years 8 months**

**Candidate ID Number:** 18836

**Nationality:** South African, British

**Language Skills:**

Fluent: English, Afrikaans

**Permitted to work in:** UK - United Kingdom, South Africa

**Position Sought:** Treatment Manager / Spa Trainer, Massage Therapist

## Personal Statement

I enjoy new challenges and meeting new people. I am very responsible individual and always want to perform at my best. I am a bit of a perfectionist and like to see things done properly.

I enjoy helping people and love the affects that massage therapy has on helping people to relax both mentally and physically.

I am currently looking for a new challenge and I am ready to start a new chapter of my life with new goals and new aims to acheive.

Seeking to work in UK and International Locations

## Employment History:

**April 2010 - December 2013 - Massage Therapist** at (most recent employer hidden for confidentiality) Queen mary 2, Oceania Riviera, Regent Seven Seas Voyager; baltic, asia, mediterranean, caribbean, north america, australia, (Cruise Ship)

### Duties included:

My main duties were performing massages and body treatments.

Massages I performed were deep tissue, hot stone, swedish, sports, aromatherapy, back, neckand shoulder, foot massage and abhyanga.

Body treatments included body scrubs, body wraps, bath therapies and "rituals" including combinations of scrubs, wraps and massage.

I was also responsible for training new therapists in the different treatments we did.

I was required to help with stock take as well as reception work; making bookings, checking in guests, etc.

### Products worked with:

- Red Flower
- Voya
- Tara

## Education and Qualifications:

## **2008 Stellenbosch University**

Degree Sports Science Sports massage NVQ Level 5

BA Sports Science

Honours Sport Science Pediatrics

Sports massage level 1

Sports Massage level 2 Trigger Point Therapy

Hot Stone Massage

Aromatherapy

## **2008 Stellenbosch University**

South African Independent Education Board

Matriculation "A"

- Mathematics "A"
- English "B"
- Geography "A"
- Home Economics "A"
- Biology "B"
- Afrikaans "B"

## **Vocational Qualifications**

First Aid

Scuba Diving

Gymnastics Coach

Fitness Instructor

## **Hobbies and Interests**

I am a very active person and really enjoy staying fit and healthy but having fun.

I grew up doing a wide variety of sports but mainly focusing on gymnastics. I also was a keen swimmer, ballet dancer, hockey and netball player.

I enjoy working out in the gym these days and enjoy yoga to relax.

I love to go scuba diving when i get the chance and have tried snow boarding.

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

