

# Curriculum Vitae

**Female**

**D.O.B. 09 February 1973**

**Number of years working in industry: 20 years 0 months**

**Candidate ID Number:** 19922

**Nationality:** British

**Language Skills:**

Fluent: English

Basic: Portuguese, Spanish

**Permitted to work in:** UK - United Kingdom

**Position Sought:** Head Therapist, Massage Therapist, Holistic Therapist, Complementary Practitioner, Complementary Therapist, Receptionist

## Personal Statement

Professional and qualified massage therapist and bodyworker with a personal passion for health and wellbeing. Highly skilled in a variety of advanced massage techniques, I am a fully committed and professional massage practitioner, my aim is to bring a sense of ease and relaxation to every client I work with.

I set up a low cost clinic in a health centre in Bristol 8 years ago, it is very successful and there is now a multidisciplinary team which provide acupuncture, shiatsu, herbal medicine, osteopathy and various forms of massage to the local residents and staff.

I regularly attend courses and read research papers and massage industry literature to further my training and education.

I am currently looking for new opportunities to work in a warmer climate.

Seeking to work in the UK and International Locations

## Employment History:

**February 2006 - Present - Massage Therapist** at (most recent employer hidden for confidentiality) Bristol, UK - United Kingdom, (Hospital / Medical Clinic)

### Duties included:

- Perform massage- swedish, deep tissue, remedial, sports, aromatherapy, indian head massage, reflexology
- Use the appropriate and most effective techniques required for each client, including effleurage, pettrissage, trigger point therapy, muscle energy techniques, soft tissue release, lymphatic drainage, joint mobilisation, myofascial release and passive stretching
- Take case history, assess client posture, range of movement and develop appropriate treatment plan
- Assess and treat specific injuries, including sports injuries
- Provide rehabilitation, stretching and general health advice
- Manage diary and database of client's details and bookings

### Products worked with:

organic sweet almond oil

Arnica infused oil

Comfrey oil

Jojoba oil

Avocado oil

Peach and apricot kernal oil

St. John Wort Oil

Calendula Oil

Essential Oils Organic - basil, bergamot, black pepper, carrot seed, clary sage, cypress, chamomile roman, chamomile german, eucalyptus, fennel, frankincense, grapefruit, ginger, geranium, juniperberry, jasmin, lemon, lavender, lemongrass, neroli, patchouli, peppermint, rosemary, rose geranium, rose otto, sandalwood mysore, sandalwood vanuatu, tea tree, vetivert, ylang ylang

## Education and Qualifications:

### 2010 Bristol School of Thai Massage

Level 3 Diploma in Thai Massage

Level 3 City and Guilds Certificate – Health Trainer

The City Academy / NHS - Graduated: 2010

- Breathing Pattern Disorders - Manual and Rehabilitation approaches – Leon Chaitow
- Assessing and Treating Fascia-related Pain and Dysfunction – Leon Chaitow
- Hands Free Massage - Darien Pritchard
- Rhythm Mobility - Darien Pritchard
- Community Sports Leader - Level 2
- Cycle Training Instructor
- Gentle Activity Leader – Exercise for Seniors
- Current first aid certificate
- Walk Leader
- Member of Federation of Holistic Therapists
- OCN Jewellery, Ceramics and Sculpture

### 2013 The Massage Training School Exmouth

BTEC Level 5 Professional Diploma in Clinical Sports and Remedial Massage

### 2003 City of Bristol College

Level 3 Diploma in Reflexology VTCT

Level 3 Diploma in Aromatherapy ITEC

Level 3 Diploma in Indian Head Massage VTCT

Level 3 Diploma in Swedish Body Massage VTCT

Level 3 Diploma in Anatomy and Physiology VTCT

## Vocational Qualifications

- Community Sports Leader - Level 2
- Cycle Training Instructor
- Gentle Activity Leader – Exercise for Seniors
- Current first aid certificate
- Walk Leader
- Introduction to Herbal Medicine
- OCN Jewellery, Ceramics and Sculpture
- Basic computer skills - word, spreadsheets etc

## Hobbies and Interests

My interests include music, dancing, tai chi, chi kung, walking, reading, painting, fitness, cycling, yoga, meditation,

mindfulness, healthy eating and cooking, herbalism and nature.

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

