

# Curriculum Vitae

**Female**

**D.O.B. 25 September 1991**

**Number of years working in industry:**

**13 years 4 months**



**Candidate ID Number:** 21245

**Nationality:** British

**Language Skills:**

Fluent: English

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

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

## Personal Statement

I have a passion for working with people of all ages and varying backgrounds. I am friendly and create a good rapport with strangers. I am looking to advance my experience working in Complementary Therapy in the UK or internationally.

## Employment History:

**January 2014 - Present - Massage Therapist** at (most recent employer hidden for confidentiality) Bexhill, UK - United Kingdom, (Home/Mobile)

### Duties included:

- Consultation with clients
- Set up treatment couch
- Adapt massage for clients specific needs
- Advertise to clients
- Write and update business plan as well as updating accounts
- Order stock

### Products worked with:

Natural facelift massage, swedish massage, Reflexology, fire cupping, deep tissue, aromatherapy, hawaiian lomi lomi.

**October 2012 - June 2014 - Holistic Therapist** at Lewes sussex downs college, Lewes, UK - United Kingdom, (College)

### Duties included:

- Consult clients
- Record up to date and accurate information about clients
- Adapt treatments differently to suit clients needs
- Perform treatments in a given time
- Give clients aftercare advice
- Set up area and tidy it when finished.
- Laundry

### Products worked with:

Reflexology, aromatherapy, Swedish massage.

**March 2014 - May 2014 - Holistic Therapist** at Together active 8, St Leonards-On-Sea, UK - United Kingdom,  
(Hospital / Medical Clinic)

**Duties included:**

- Wash towels
- Set up and tidied up area
- Consulted clients
- Recorded accurate information for records
- Reported to colleagues
- Booked clients in
- gave after care advice

**Products worked with:**

Aromatherapy, head and shouder massage, Reflexology, swedish massage.

**Education and Qualifications:**

**2016 De Montfort university**

Bsc

Health studies Bsc

**2014 Brighton University, Lewes campus**

Foundation degree

- Complementary Healthcare Foundation Degree.
- Qualified too a level 5.
- Qualified in Aromatherapy
- Swedish massage
- Advanced therapeutic massage
- Reflexology
- Nutrition
- Have 50 hours work experience working in a mental health centre.
- 3 clinical working hours in the college clinic every week for 2 years.

**2014 Purple Turtle Therapy Academy**

Certificate and Diploma

Natural facelift massage and Advanced Natural Facelift Massage.

**2010 Sussex downs Park College**

A Level's Philosophy C, History D, World Development A.

**2009 Bexhill High school**

GCSE's English Language B, English Literature B, Biology B, Chemistry B, Physics B, Mathematics C, Geography A, Food Technology A, Music B, IT Pass, Psychology B.

**Product Training:**

**May 2015 Fire cupping**

Infinity training Academy

Fire cupping

**June 2014 Aromatherapy**

Brighton University, Lewes Campus

Learnt about 50 different essential oils and carrier oils. The properties, chemistry, contraindications, safety hazards and an aromatherapy massage routine.

**June 2014 Natural face lift massage and Advanced natural facelift massage.**

Brighton, Purple Turtle Academy.

Natural facelift massage. This helps with he appearence of wrinkles and improves the appearence of the skin through massage techniques. I learnt Contraindications and benefits of the treatment.

**June 2014   Advanced therapeutic massage**

Brighton University, Lewes Campus

Advanced massage techniques such as muscle energy technique and soft tissue release as well as massage techniques to work deeper into muscles.

**June 2014   Reflexology**

Brighton university, Lewes Campus

The theory behind Reflexology, benefits and contraindications, routines and different techniques such as thumb walking and pressure points. Hand, foot, ear and vertical reflexology routines.

**June 2014   Swedish massage**

Brighton University, lewes campus

Contraindications involved, different massage techniques e.g. effleurage, petrissage, tapotement, benefits of massage and a massage routine.

**Vocational Qualifications**

Health and Social care NVQ 2

**Hobbies and Interests**

I enjoy going on cycling holidays, walking in the countryside and going on adventures, Watching films, playing gigs and making music and music videos with my comedic girl band.

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

