

Curriculum Vitae

Female

D.O.B. 19 February 1981

Number of years working in industry: 8 years 6 months

Candidate ID Number: 22887

Nationality: American

Language Skills:

Fluent: English

Basic: Spanish

Permitted to work in: UK - United Kingdom, USA - United States

Position Sought: Massage Therapist

Personal Statement

My best qualities would be my determination to find my own niche in the spa industry. I would like to have my own spa specialising in Sound Therapy and Ayurvedic Therapy.

Seeking to work in the UK

Employment History:

April 2013 - November 2013 - Holistic Therapist at (most recent employer hidden for confidentiality) London, UK - United Kingdom, (High Street Store)

Duties included:

My main duties in my last workplace were giving Ayurvedic consultations and performing traditional Ayurvedic body treatments such as Ayurvedic Full Body massage, Ayurvedic Head Massage, Ayurvedic Foot Massage, Ayurvedic Back Massage, Ayurvedic Abdominal Massage, Ayurvedic Hot Compress Massage, Ayurvedic body scrubs and Shirodhara. I also performed customized facials using the specified brands listed below. Additional duties were booking in clients for treatments, taking payments and opening and closing duties.

Products worked with:

- ILA
- Pukka Herbs
- Pai

Career Break - working for myself

November 2008 - November 2012 - Massage Therapist at Ria Beauty, London, UK - United Kingdom, (High Street Salon)

Duties included:

- Balinese Massage
- Japanese Facial Massage
- Swedish Massage
- Deep Tissue Massage
- Mongolian Massage
- Threading
- Eyebrow and Eyelash Tinting
- Indian Head Massage / Seated Acupressure Massage

Products worked with:

- Dermalogica

Career Break - Training - industry-related

March 2001 - September 2004 - Spa Therapist at The Greenhouse Day Spa, Los Angeles, USA - United States, (Day Spa)

Duties included:

My main duties were performing some of the Elemis signature body massages and body treatments and Front of House duties. This was an interesting role as I was initially hired as a Spa Co-ordinator. It was mandatory that the Spa Coordinators be trained in all of the Elemis products irregardless if they were therapist to better sale Elemis products to the customer. The more I sold the products the more interested I became in spa therapy. I took a Swedish massage as I was offered a position at the spa once qualified. After completing my Swedish massage course I was trained in Elemis signature treatments and became both a Spa Therapist and Spa Co-ordinator.

Products worked with:

- Elemis

Career Break - University

Education and Qualifications:

2013 The Ayurvedic Clinic

Ayurvedic Head and Body Massage Therapy Practitioner

- Ayurvedic Therapist
- Pinda Sweda
- Udvartana
- Shirodhara
- Basti karma

2011 London School of Beauty

NVQ Level 2

- Facial Massage and Skincare
- Facial Rejuvenation

2009 San Francisco State University

B.A. Degree in Jazz and World Music

1998 Fairfax High School

High School Diploma, 2.7 Gpa

Product Training:

June 2002 Elemis

The Greenhouse Day Spa

- Elemis Well Being Massage
- Elemis Exotic Lime and Ginger Salt Glow
- All Elemis Body Wraps and Cocoons

Vocational Qualifications

- First Aid

Hobbies and Interests

- Yoga /Meditation/Breathework
- Sound Healing
- Hiking
- Swimming
- Ice Skating
- Dance - Traditional West African
- Ayurvedic Herbalism

CV created at www.spastaff.com

