

# Curriculum Vitae

**Female**

**D.O.B. 18 August 1975**

**Number of years working in industry:**

**27 years 5 months**



**Candidate ID Number:** 22988

**Nationality:** British

**Language Skills:**

Fluent: English

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

**Position Sought:** Spa Consultant, Head Therapist, Massage Therapist, Holistic Therapist, Complementary Therapist, I am qualified to teach Zumba also

## Personal Statement

My best qualities is my ability to empathise with anyone needing some tlc and to calm people if they feel anxious or upset.

My goal is to run my own business as a Holistic Therapist and Coach. I wish to help people with anything which may be holding them back in life I also would like to combine this with working as a Health Coach.

Seeking to work in the UK and Cyprus

## Employment History:

**March 2007 - Present - Head Therapist** at (most recent employer hidden for confidentiality) Chester, UK - United Kingdom, (Home/Mobile)

### Duties included:

- Providing professional treatments from a treatment room & as a mobile therapist.  
Greeting all clients in a professional yet friendly manner and carrying out a client consultation.
- Using products such as ESPA, Mother Earth and other natural high quality products to carry out all treatments.
- Collaborating with other health professionals.
- Offering clients lifestyle advice and advice with regard to herbal remedies and aromatherapy.
- Offering clients advice with regard to healing & self-empowerment through the use of yoga, meditation & Pilates.
- Representing professional organisations such as The Pamper Company, Touch of Genius and The Feel Good Company carrying out onsite massage and nail treatments.
- Using Calgel and Shellac to produce gel nails.
- Promotion of all products used to benefit the client's wellbeing including marketing and sales.
- Following data protection rules & regulations by storing all client details in a locked filing cabinet.
- The following treatments were offered:-
- Manicure
- Pedicure

- Deluxe manicure
- Deluxe pedicure
- Reiki
- Full body Swedish massage
- Aromatherapy massage
- Foot massage & Reflexology
- Advice on stress relief, lifestyle, health & nutrition
- Neck back & shoulder massage
- Indian Head massage
- Hopi Ear Candling
- Facials, skin care and facial massage
- Reflexology
- Combined Treatments

**Products worked with:**

Elemis

E'Spa

Mother Earth

Jessica

Shellac

Calgel

NSI

**January 2005 - March 2007 - Holistic Therapist** at Life Design Living Spa, Manchester, UK - United Kingdom, (Day Spa)

**Duties included:**

Spa Therapist, Beauty & Nails

- Providing professional bespoke treatments at Country Cottages & hotels.
- Carrying out pamper parties for hen, girls nights in & special occasions.
- Providing onsite massage at events such as the Trafford Centre Beauty Week, Manchester and the Mind Body Spirit Festival in Nantwich.
- Greeting clients in a professional and friendly manner.
- All aspects of client care, health, safety & hygiene.
- Data protection. Filing away all client consultation forms in a secure locked cabinet.
- Maintaining stock levels
- Working freelance as a mobile therapist & carrying out the following treatments:-
- Manicure (express)
- Pedicure (express)
- Manicure (deluxe)
- Pedicure (deluxe)
- Facials and skin care advice
- Swedish Body Massage
- Hopi Ear candling
- Foot Massage & Reflex
- Deep tissue massage
- Neck, back, facial massage
- Indian Head Massage
- Combined treatments

**Products worked with:**

Elemis

E'Spa

Mother Earth

Jessica

Shellac

Calgel

NSI

**September 1998 - January 2005 - Holistic Therapist** at Pamperzone, Stockport, UK - United Kingdom, (High Street Salon)

**Duties included:**

Holistic Therapist Beauty & Nail Technician

- Client care & conduct – greeting clients & making sure they felt at ease during each treatment, making sure they were seated comfortably.
- Reception duties, customer care & representing a professional company
- Taking client bookings and organising a computerised diary
- Offering aftercare advice and giving clients information regarding this
- Filling out necessary client consultation sheets before each treatment to identify if there were any contraindications, to obtain a record of the client's details/medical history. Explaining the treatment in full and logging a returning client's treatments & progress.
- Health, hygiene & safety – making sure all implements were sanitised, towels clean & workspace kept tidy with no trailing leads.
- Promotion of the natural product range Espa & all necessary marketing/sales.
- Carrying out necessary treatments as requested:-
- Manicure
- Pedicure
- Deluxe Manicure
- Deluxe Pedicure
- Aromatherapy massage
- Gel nails
- Indian Head Massage
- Neck, back & shoulder massage
- Facials and skin care advice
- Foot massage and Reflexology
- Health & lifestyle advice
- Swedish Body Massage
- Deep Tissue Massage
- Body Scrubs

**Products worked with:**

Elemis

E'Spa

Mother Earth

Jessica

Shellac

Calgel

NSI

**Education and Qualifications:**

**2011 West Cheshire College Chester**

City and Guilds Teaching Certificate

**2006 White Rose Central Manchester Beauty & Holistic Therapy College**

ITEC Level 3

Manicure

Pedicure

Nail Technology, gel/acrylic extensions

Nail Anatomy

Anatomy & physiology

Foot, ankle & lower leg massage (reflex points)

Hand, palm & arm massage

Business Awareness

Reiki – levels 1 & 2

Crystal Therapy

Swedish Body Massage

Deep tissue massage

Aromatherapy Massage

Reflexology

**2005 North Area College, Stockport, Manchester**

VTCT Level 3 City and Guilds Teaching Certificate

VTCT Level 3 Indian Head Massage

Holistic Therapies

Facial Massage

Client consultation

Contra-indications and contra-actions

Handling referral data from professional sources

Psychological and physiological effects

Indian Head Massage technique

Neck Back & Shoulder Massage

Aftercare

Professional ethics

Plus, Anatomy and Physiology, including:

- Bones of skull/neck and shoulders
- The skin
- Blood/vascular system
- Lymphatic system
- Muscles relating to skull/neck/shoulders
- Respiration.

Use interpersonal skills with therapy clients

Support employment standards

Support health, safety and security in the workplace

Hygiene procedures

**1994 Chamber of Commerce Manchester**

NVQ LEVEL 3 BUSINESS ADMINISTRATION

**1992 Tameside College Manchester**

NVQ LEVEL 2 BUSINESS ADMINISTRATION

To include:-

RSA 1&2 audio typing/copy typing - Merit; CLAIT Computer Literacy & Information - Distinction; GCSE Law - C; Pitman Shorthand - 60wpm; Communication in Business - Merit

### **1991 Fairfield High School**

G.C.S.E

Music - A; English Lit - B; English Lang - B; History - B; Science Double Award C/C; Technology - C; Maths - C; French - C, Law - C

### **Product Training:**

**September 2006** **Espa, Jessica nails, Calgel**

Central Manchester School of Holistic Therapies

Body Massage, facials, body scrubs, foot massage, head massage (part of my training course).

Using the nail products Jessica and Calgel during my ITEC3 training.

### **Vocational Qualifications**

2008/2012

Thames Valley University Chester

London College of Music Performing Arts Diploma (diplcm)

### **Hobbies and Interests**

I am a singer/songwriter and sing with many function bands around North Wales, Chester and Manchester. I have worked all over the world as a singer and I am very proud of my achievements. I have also mentored many aspiring vocalists. Other hobbies include yoga, meditation, reading, writing & guitar.

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

