

# Curriculum Vitae

**Female**

**D.O.B. 24 May 1992**

**Number of years working in industry: 12 years 6 months**

**Candidate ID Number:** 24512

**Nationality:** British

**Language Skills:**

Fluent: English

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

**Position Sought:** Assistant Manager, Head Therapist, Massage Therapist, Holistic Therapist, Complementary Practitioner, Complementary Therapist

## Personal Statement

My best qualities include having an honest and helpful heart, wanting to help people reach their goals. I strive and have helped people become more mobile, relaxed, or even recover from road accidents.

I am a happy, bubbly individual who likes to spread happiness and equilibrium.

My life goals include visiting many places, meeting many wonderful people, and growing within myself, including expanding my knowledge in massage.

Seeking to work in the UK, International Locations and Cruise Ships

## Employment History:

**August 2013 - Present - Massage Therapist** at (most recent employer hidden for confidentiality) Kempston, Bedfordshire, UK - United Kingdom, (Hospital / Medical Clinic)

### Duties included:

The duties I perform at the Chiropractic Clinic are providing Reflexology, Body Massage, Aromatherapy, Indian Head Massage and Hopi Ear Candling, as well as a 20 minute massage prior or post chiropractic treatment. Alongside providing treatments I am in charge of the stock taking, thorough cleaning of all areas, helping with promotional ideas and booking clients in.

### Products worked with:

I have been trained to work with Solutions skin care products, as well as So Natural skin care products, which I am currently working with.

**January 2015 - Present - Massage Therapist** at myself, Bedford, UK - United Kingdom, (Home/Mobile)

### Duties included:

My duties include all paperwork, and keeping them up to date. I also have to get all of my clientelle, this would include promotions and door to door knocking to expand my clientelle. I am also in charge of booking my clients in, all cleaning of equipment and stock taking.

**December 2015 - April 2016 - House Angel** at Alp Leisure, Meribel, les 3 vallees, France, (5 Star Hotel Spa)

### Duties included:

House Angel includes housekeeping and massaging, working in a chalet sleeping up to 16 guests. I am the person who looks after all the linen, makes sure everything is okay with everyones rooms, setting out afternoon tea and provides different kinds of massages.

General day : Work for 8:30, cleaning the chalet, helping clear away breakfast service, sorting fire place out, leave work at 11:00. Ski from 11:30 - 15:00. Back to work for 16:00 to set out afternoon tea, communicate with guests about their day, how their holiday is, providing all massages that are booked in, and then generally leave at 20:00

## Education and Qualifications:

### 2014 FHT (Federation of Holistic Therapists), Northampton

CPD certificate

- Myofacial Fusion for the Treatment of Musco-Skeletal Chronic Pain
- Hands Free Massage

### 2014 Trained in House

not certified

- Hopi Ear Candling

### 2013 The Rooms, Stotfold

Certificate

- Post Graduate Advanced and Deep Tissue Massage Techniques

### 2011 Bedford College

- Level 2 Award in Contact Dermatitis
- Level 2 Anatomy and Physiology
- Level 2 Diploma in Complementary Therapies: Body Massage, Aromatherapy, Reflexology, Principles and Practice, Clinic Services and Business Awareness, Health, Safety and Hygiene, Healthy Eating and Wellbeing
- Level 3 Antomy and Physiology
- Level 3 Indian Head Massage
- Level 3 Diploma in Complementary Therapies: Body Massage, Aromatherapy, Reflexology, Principles and Practice, Health, Safety and Hygiene
- Level 2 in Adult Literacy
- Level 2 in Adult Numeracy

### 2008 Biddenham Upper School

GCSE's

- Mathematics Foundation 1: B
- Mathematics Foundation 2: C
- English: B
- English Literature: C
- Science: C
- Additional Science: B
- Citizenship: C

## Product Training:

**October  
2010**

### Solutions

Bedford College

The use of Solutions cleanser, toner and moisturiser in a facial massage routine.

## Vocational Qualifications

- Emergency First Aid at Work
- Performing Arts
- Dance, including Modern Ballroom, Latin American and Freestyle

## Hobbies and Interests

I enjoy going to see plays and dances at the theatre, viewing different sights, travelling, cross-stitching and research into different subjects or products.

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

