

Curriculum Vitae

Male

D.O.B. 19 March 1975

Number of years working in industry:

3 years 1 month



Candidate ID Number: 25095

Nationality: Hungarian

Language Skills:

Good: English

Basic: German

Permitted to work in: European Union, UK - United Kingdom

Position Sought: Massage Therapist

Personal Statement

My goal is that to help people to living the life better health. This is most important for me.

The suppression of the ego shows how much we can do for each other on this beautiful planet.

Employment History:

May 2022 - October 2022 - Massage Therapist at (most recent employer hidden for confidentiality) Ms. Dutch Melody, (Cruise Ship)

Duties included:

Masseur

Cruisinc, Dutch Melody 21.May 2022 - 07.Oct. 2022.

I am highly organised, confident and proactive professional, with extensive experience in the hospitality and leisure sector. With expertise as a seasoned Masseur, I am able to work in a logical fashion and undertake a target-oriented approach. As a proactive communicator, I can assertively liaise at all levels, including customers, team members and senior management.

Spa area organization basic massage staf ordering.

Products worked with:

Rituals, Voalita, F.I.T., Vita/Cure, Essential oils

March 2020 - March 2021 - Massage Therapist at self employed, Budapest, Hungary, (Home/Mobile)

Duties included:

My own salon organization with lot of massage style.

Deep tissue massage

Lymphatic drainage massage

Wellness Massage

Ayurveda, herbal ball

Refreshing facial and foot massage

Swedish massage, Spinal Manipulation, Chiropractic

Cupping therapy

Singing bowl sound therapy

Products worked with:

Ziaja, La natura, Herbal therapy, Rituals, Voalita, F.I.T., Vita/Cure, Essential oils

May 2019 - January 2020 - Massage Therapist at Ms. Dutch Melody Cruisinc, Amsterdam to Strasbourg, Netherlands, (Cruise Ship)

Duties included:

Masseur

Cruisinc, Dutch Melody 15.May 2019 – 05.Jan.2020.

I am highly organised, confident and proactive professional, with extensive experience in the hospitality and leisure sector. With expertise as a seasoned Masseur, I am able to work in a logical fashion and undertake a target-oriented approach. As a proactive communicator, I can assertively liaise at all levels, including customers, team members and senior management.

Spa area organization basic massage staff ordering.

Products worked with:

Rituals, Voalita, F.I.T., Vita/Cure, Essential oils

January 2018 - May 2019 - Massage Therapist at self employed, Budapest, Hungary, (Home/Mobile)

Duties included:

My own salon organization with lot of massage style.

Deep tissue massage

Lymphatic drainage massage

Wellness Massage

Ayurveda, herbal ball

Refreshing facial and foot massage

Swedish massage, Spinal Manipulation, Chiropractic

Cupping therapy

Singing bowl sound therapy

Products worked with:

Aromax, Yamuna, Grapeseed oil with essential oils, Helia - d, Rituals,

Diamond cosmetics

June 2013 - September 2014 - Massage Therapist at Thai massage & Spa Ltd., Kiskunfelegyhaza, Hungary, (High Street Salon)

Duties included:

Foot Massage, herbal ball, segment massage

Spa area organization basic massage

Reception of guests, introduction.

Massage reservation.

Keeping the work area clean, managing oils and equipment.

Washing towels, covers, etc ..

Products worked with:

Namman, Tiger balm, Pho herb, Hong Thai, Yamuna,

Education and Qualifications:

2013 Minerva High School Massage Therapist, Soleil massage school, International massage academy,
professional 8 certification, under 7 years

Swedish, deep tissue, special hand tunnel syndrome massage, thai foot massage with stick, ayurveden massage, wellness massage, facial and foot massage standard, full body, back massage, aromatherapy, head massage /champi/, cupping therapy, singing bowl sound therapy

2001 2. Rakoczi Ferencz Gymnasium Budapest (Hungary)

Hungarian grammar and literature - Good

History - Exelent

Biology - Good

Math - Good

Geography - Good

1998 Police highschool Budapest

Security guard

Professional theory - Medium

Internship - Medium

Product Training:

January 2020 Spinal Manipulation

Marco Aruffo online course Saronno (Italy)

Spinal manipulation is also called spinal manipulative therapy. It's a technique where practitioners use their hands or a device to apply a controlled thrust (that is, a force of a specific magnitude or degree in a specific direction) to a joint of your spine.

October 2016 Chiropractic Diploma manual therapy

Mr. Laszlo Farago Kecskemet (Hungary)

The health-care profession that focuses on the spine and other joints of the body, and their connection to the nervous system. Chiropractors use adjustments to restore joint function and support the nervous system.

September 2014 Lymphatic Drainage massage

Mr. Laszlo Farago Budapest (Hungary)

Lymphatic drainage massage is a form of gentle massage that encourages the movement of lymph fluids around the body. The fluid in the lymphatic system helps remove waste and toxins from the bodily tissues. Some health conditions can cause lymph fluid to build up

May 2014 Wellness Masseur

International massage academy Budapest (Hungary)

The Wellness Massage is a combination of massage techniques from Thai, Swedish, Acupressure, and Reflexology disciplines.

The definition of our Wellness Massage is that each one IS tailor-made to you.

Perfect for either relaxation or therapeutic massage.

- Relaxation and release of tension and tightened muscles in affected areas
- Chronic pain relief
- Improved flexibility and mobility
- Improved posture, digestion, and physical performance

**March
2014**

Deep tissue massage

Mr. Laszlo Farago Budapest, (Hungary)

Deep tissue massage is similar to Swedish massage, but it goes farther and is intended for a different purpose.

Deep tissue massage is best suited for:

athletes
runners
people with injuries

It can also work for people with chronic pain conditions such as:

fibromyalgia
lower back pain

Deep tissue massage targets the inner layers of your:

muscles
tendons
fascia, or dense connective tissue

Deep tissue massage uses many of the same stroking and kneading movements as Swedish massage, but there's far more pressure. This pressure can sometimes be painful.

In order to reach the deep muscle tissue, a therapist will massage layer by layer of muscle, applying more and more pressure and employing special techniques with the fingers, fists, and maybe even elbows to reach and stretch that deep tissue.

This type of massage facilitates healing by releasing contracted areas of muscle and tissue. It can help increase blood flow to the soft tissues and may help to reduce inflammation.

**February
2014**

Ayurveda masseur course

International massage academy Budapest (Hungary)

The heavy use of essential oils and focus on specific energy points in the body makes an Ayurvedic massage different from other massage technics.

The Ayurvedic practice of abhyanga, or oil massage, touts physical benefits like released muscle tension, lymphatic drainage, and more nourished skin from head to toe.

Also I can use herbal ball massage.

It is a massage therapy that targets pain relief and inflammation for the muscles.

The herbal ball massage also restores the balance of the body's qi. The herbal ball treatment uses a mix of 6 or more herbs wrapped in cotton cloth. It's heated then used as a tool to work the knots in the tight muscles of the body. The therapy is ideal for treating muscle pains and arthritis especially during cold weather and for treating upper respiratory conditions.

**September
2013**

Refreshing facial and foot massage

Soleil massage school Kiskunfelegyhaza (Hungary)

A Refresh Facial is a condensed version of our European Facial. You get the basic feeling of being cleansed and refreshed. A refresh facial is a great add on to any body treatment.

Foot massage or foot reflexology has a Chinese origin. It dates back to more than 3 000 years ago and is used in the prevention and cure of many health ailments. Human feet provide a map for the body's organs . Any problems in the body are reflected in the feet, and can be diagnosed and treated via this specialised foot massage. During this treatment the therapists use hand, thumb, and finger techniques to stimulate certain areas of the feet.

A foot massage is the best type of pampering that we can give our tired and aching feet.

July 2013

Swedish masseur

Soleil massage school Kiskunfelegyhaza (Hungary)

Swedish massage may loosen up tight muscles caused by daily activities such as sitting at the computer or exercising. It can be very helpful for people who hold a lot of tension in their:

- lower back

- shoulders
- neck
- Back
- all body

June 2013 Massage therapist

Minerva graduate high school

Budapest: OM: 200799

Asepsis, antisepsis, occupational safety, environmental protection.

First aid

Health promotion, disease prevention

Massage therapy,

Massage,

Professional masseur services,

Therapeutic massage

Vocational Qualifications

Level One instructor Thai-Chi & Quigong,

Safety training for passenger shipping

Hobbies and Interests

Tai-chi-Chen style, Books transleater,

CV created at www.spastaff.com

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