

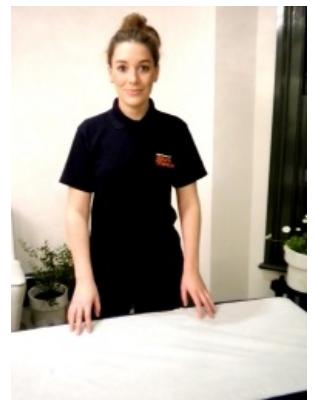
# Curriculum Vitae

**Female**

**D.O.B. 20 March 1985**

**Number of years working in industry:**

**12 years 3 months**



**Candidate ID Number:** 28461

**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 built my successful wellness business from scratch after qualifying as a sports and remedial manual therapist. I am passionate about delivering peaceful and healing treatments to all and have made it my mission to help people manage their stress, leading them to a healthier life.

I would now like to work with a team of people in a spa providing an excellent range of relaxing treatments.

I am caring, creative, pro-active, motivated & hold a clean driver's license.

Seeking to work in national and international locations.

## Employment History:

**November 2013 - Present - Soft Tissue Therapist** at (most recent employer hidden for confidentiality) London, UK - United Kingdom, (Home/Mobile)

### Duties included:

Self Employed- Soft Tissue Therapist

- Provide a range of treatments to private clients from my clinic:
- Sports & Remedial Massage
- Dry Needling & Trigger Point Therapy
- Warm Crystal Massage
- Mind & Body Massage
- Deep Cleansing Facial
- Market and advertise my clinic:
- Produced website, business cards, leaflets, adverts, newsletters, social media posts: Twitter, Facebook, Instagram
- Clean/maintenance of clinic, maintain stock
- Maintain high knowledge of current techniques with CPD and courses.
- Provide clients with after care plans such as referrals, home stretches, self- massage techniques.
- Developed own signature treatments drawing upon my knowledge and personal experience of meditation and yoga.

## Products worked with:

Neals Yard

## **Education and Qualifications:**

### **2013 The School of Natural Therapies London**

ITEC, BTEC, Diploma, CPD

2015 Gateway Workshops London

- Practitioners Diploma in Beauty Facial Course

2015 Performance Physical Therapy & Acupuncture London

- Dry Needling Diploma in Sport Medicine

2013 The School of Natural Therapies London

- Level 5 BTEC Diploma in Clinical Sport and Remedial Massage

2013 The School of Natural Therapies London

- Level 3 ITEC Cert in Sports Massage Therapy

### **2007 Arts Institute Bournemouth**

2:1 BA Hons Fine Art

## **Product Training:**

### **November 2013 BTEC level 5 Clinical Sports and Remedial Massage Practitioners Diploma in Beauty Facial Course**

The London School of Natural Therapies

Gateway Workshops- London

Deep tissue Massage

Dry Needling

Deep Cleansing Facial

Trigger Point Therapy

Muscle Energy Technique

Proprioceptive Neuromuscular Facilitation Stretching

Joint Manipulation

Lymphatic Drainage Massage

Myofacial Release

Postural Assessment

## **Vocational Qualifications**

2009 Bloomsbury International London

- Trinity TESOL Cert

2007 Altitude Snow Sports School Switzerland

- First Aid Cert

2004-2007 Institute of Art & Design Bournemouth

- 2:1 BA Hons in Fine Art

2004 Ski Le Gap Canada

- Canadian Ski Instructors Alliance level 1&2

2001-2003 Institute of Art & Design Surrey

Distinction BTEC National Diploma in Fine Art

## **Hobbies and Interests**

Holistic treatments, healing, meditation, yoga, skiing, walking in nature, travel.

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

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