

# Curriculum Vitae

**Female**

**D.O.B. 01 January 1968**



**Number of years working in industry:**

**27 years 6 months**

**Candidate ID Number:** 29045

**Nationality:** British

**Language Skills:**

Fluent: English

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

**Position Sought:** Spa Co-ordinator, Assistant Manager, Head Therapist, Senior Therapist, Massage Therapist, Holistic Therapist, Complementary Practitioner, Complementary Therapist, reiki master and teacher, reflexologist

## Personal Statement

I possess a wealth of experience within business, administration and operations, along with 8 years teaching experience in public and private teaching institutions. Able to work on own initiative and as part of a team.

Excellent oral and written communication skills enable me to work positively with different cultures both in groups and individually. Well-organised and efficient in order to deliver a variety of duties simultaneously to high standards.

Effective leadership skills and strong work ethic with a calm, patient manner. Able to think independently and develop programs for specific client needs. Excellent customer service skills and relationship builder ensuring confidentiality and professionalism.

I have a professional, patient manner and my enthusiastic approach motivates my clients and students.

## Employment History:

**August 1998 - Present - Complementary Therapist** at (most recent employer hidden for confidentiality) Wargrave, Berkshire, UK - United Kingdom, (Home/Mobile)

### Duties included:

I possess a wealth of experience within business, administration and operations, along with 8 years teaching experience in public and private teaching institutions.

### Products worked with:

Thalgo, Aromatherapy Associates, E'SPA

**December 2015 - Present - Holistic Therapist** at Spa Illuminata, Danesfird House Hotel, UK - United Kingdom, (5 Star Hotel Spa)

### Duties included:

Freelance spa therapist carrying out a variety of face and body treatments including facials and massage.

### Products worked with:

Aromatherapy Associates

**January 2016 - Present - Holistic Therapist** at Stoke Park Club, UK, UK - United Kingdom, (5 Star Hotel Spa)

**Duties included:**

Freelance spa therapist carrying out a variety of face and body treatments:

Reflexology, Massage, Facials, Indian Head Massage, Algae wrap, Mud treatments, Body exfoliation, Reiki.

**Products worked with:**

Thalgo, Aromatherapy Associates.

**Education and Qualifications:**

**1999**

Registered Reflexologist,  
British Reflexology Association

**1998**

Diploma NVQ 4

- Accepted on the Reiki Master Teacher Register by the CThA (2011)
- Hot & Cold Stone Body Massage (2010)
- Soft Tissue Release (2009)
- BabyReflex (2009)
- St.John Ambulance Emergency Life Support - All Ages (2007)
- Licensed Practitioner of Neuro-Linguistic Programming (2006)
- Diploma in Life Coaching (2006)
- Certificate in Life Coaching (2005)
- City & Guilds 7407 Level 4 Certificate in Further Education Teaching, Stage Two (2004)
- ESPA Five Day Product Knowledge and Treatment Training Course (2004)
- Jessica Aromatherapy Pedicure Certificate (2004)
- City & Guilds 7407 Level 4 Certificate in Further Education Teaching, Stage One (2003)
- OICB Diploma in Facials (2003)
- Heal Your Life Workshop and Group Facilitator & Personal Tutor (2002)
- CIBT Diploma in Manicures & Pedicures (2001)
- Usui Reiki Master and Teacher (2001)
- Bayly School Diploma Registered Reflexologist (1999)
- ITEC Diploma Anatomy, Physiology and Massage (1999)
- Diploma Indian Head Massage (1999)
- Usui Reiki Second Degree (1999)
- Usui Reiki First Degree (1998)

**1987 Langley College of Further Education**

2 A' levels  
Business Studies, Accounting

**1986 Langley Grammar School**

Certificate in Oral English (1986) Pass with credit

8 O' levels (1984/5)  
English Language, English Literature, Mathematics, Additional Mathematics, Biology, Physics, Chemistry, Geography, German (GCSE Grade 1)

**Product Training:**

**August  
2004**

**E'SPA - espa 5 day product knowledge and treatment training**

Danesfield House Hotel, Medmenham, Buckinghamshire, England

ESPA facials

ESPA pregnancy massage

ESPA body wraps

ESPA body scrubs

## **Vocational Qualifications**

I designed and maintain my own website (healyourlife.co.uk)

I'm qualified to teach English as a foreign language (CELTA Pass A)

I have a clear DBS certificate

## **Hobbies and Interests**

I am an energetic, enthusiastic and motivational individual, who is also a keen traveller and photographer.

I enjoy life and want to experience as much of the world as possible. I embrace new situations and challenges, meeting new people and experiencing new cultures.

My key achievements include completing 12 marathons, climbing Mount Kilimanjaro and hiking to Everest Base Camp.

I consider myself to be a fit and healthy 48 year old with a passion for life!

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

