

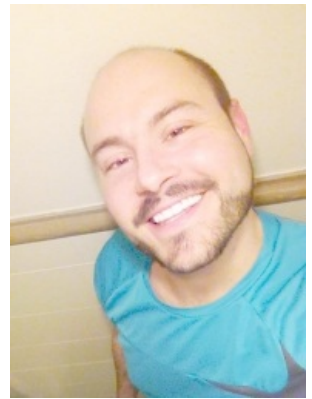
Curriculum Vitae

Male

D.O.B. 17 September 1978

Number of years working in industry:

18 years 11 months



Candidate ID Number: 32706

Nationality: Spanish

Language Skills:

Fluent: English, CATALAN, valencian, Spanish

Basic: portugues

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

Position Sought: Spa Director, Spa Manager, Assistant Manager, Senior Therapist, Massage Therapist, Holistic Therapist, Complementary Therapist, Fitness Professional, Swim / Aqua Fit Teacher, Receptionist, personal trainer

Personal Statement

High Qualified Masseur, Sports Masseur and Advance Personal Trainer with more than 10 years of experience working in the health and fitness enviroment who is detail-orientated professional with superb people skills, being helpful with others and efficient with innate drive to provide exceptional service.

Seeking work in national and international locations

Employment History:

June 2016 - September 2022 - Spa Manager at (most recent employer hidden for confidentiality) thatcham, UK - United Kingdom, (Hotel Spa)

Duties included:

- Therapeutic massage, Sports massage, Holistic massage and Deep Tissue Massage, also treating pain and injuries.
- Advance Personal Trainer and fitness instructor, Gp referral costumers with specific conditions and rehabilitation.
- Collaborated with every area with the health and fitness to ensure the delivery of efficient, high quality service.
- Fitness classes.
- Customer service, membership advisor and reception..

Products worked with:

- Elemis.
- London therapy associates.

June 2016 - September 2019 - Senior Therapist at regency park hotel and spa, thatcham, UK - United Kingdom, (Hotel Spa)

Duties included:

Massage, sweedish massage, deep tisue, sports massage, advance personal trainer, swimming lessons, water based exercises, rehabilitation, fitness classes.

Products worked with:

- london aromatherapy associates
- Elemis

February 2016 - June 2016 - Massage Therapist at urban massage, london, UK - United Kingdom, (Home/Mobile)

Duties included:

massage high level, sports massage, sweedish massage, deep tissue. treatment of torticollis and other injuries

Products worked with:

Elemis

January 2016 - June 2016 - Massage Therapist at viva therapies, london, UK - United Kingdom, (5 Star Hotel Spa)

Duties included:

massage high level, sports massage, sweedish massage, deep tissue. treatment of torticollis and other injuries

Products worked with:

Viva oils. voltarol emulgel pain eze, muscle rescue deep heat

February 2013 - November 2015 - Massage Therapist at Rembrand hotel, london, UK - United Kingdom, (Health Club)

Duties included:

- Achieved high costumer satisfaction for perform massage at high level, Therapeutic massage, Sports massage, Holistic massage and Deep tissue Massage.
- Personal Trainer and Gp referral costumers with specific conditions.
- Collaborated with every area with the health and fitness to ensure the delivery of efficient, high quality service.
- Consistently received positive feedback from guests on performance review.
- Excellent costumer service

November 2011 - January 2013 - personal trainer at Self employed, london, UK - United Kingdom, (Health Club)

Duties included:

personal training, fitness advice, postural exercises, water based exercise, bodybuilding advise, nutrition, aerobic classes.

May 2008 - May 2011 - Massage Therapist at donnington grove, newbury, UK - United Kingdom, (Hotel Spa)

Duties included:

massage in golf club, fitness advice and exercises

January 2002 - May 2007 - Fitness Professional at geminis gym, valencia, Spain, (Health Club)

Duties included:

manager and director of the gym, fitness classes, bodybuilding instructor, aerobic instructor, fitness and massage

Career Break - Traveling

Education and Qualifications:

2011

This qualification is particularly aimed at Personal Trainers or Advanced Instructors who are seeking to enhance their qualifications, to give advice and prescribe and teach exercises for clients with specific medical conditions.

This will give you the qualifications and knowledge you require to work alongside GP's and hospitals.

You must hold as a minimum a Level 2 Certificate in Fitness Instructing (Gym/Exercise to Music or Aqua) or a Level 3 Certificate in Personal Training or equivalent)

This qualification comprises six mandatory units:

Anatomy and Physiology for Exercise and Health Professional Practice for Exercise Referral Understanding medical conditions for Exercise Referral Applying the Principles of Nutrition and Physical Activity Planning Exercise Referral Programmes with Patients Instructing Exercise with Referred Patients

2011 **YBFIT TRAINING (REPS), YBFIT Training Nuffield Health, Fitness and Wellbeing 3 The Crescent Leatherhead Surrey KT22 8DY**

DIPLOMA PERSONAL TRAINER AND INSTRUCTION •LEVEL 3 EXERCISE REFERRAL •LEVEL 3 AWARD INSTRUCTOR OUTDOOR FITNESS •LEVEL 3 AWARD IN BUSINESS SKILLS FOR FITNESS

DIPLOMA PERSONAL TRAINER AND INSTRUCTION

- LEVEL 3 EXERCISE REFERRAL
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2015 **london school of massage**

LEVEL 4 ITEC SPORTS MASSAGE

Sports Massage Course Exams ...

The final Sports Massage course exams will include:

ITEC Sports Therapy Massage (Level 4) Exam

- Completion of 5 x Case Studies + 5 x Follow-ups
- Completion of 20 x Additional Treatment Log
- Completion of 1 x Guided Home Assignment
- A practical examination lasting 1 hour
- In class assessment and examinations

ITEC Sports Therapy (Level 4)

- Regional Anatomy - study of constituent parts of a given body region.
- Applied Anatomy - study of how the body parts function individually and in relation to other body regions.
- Origin, Insertion and Action of over 50 muscles.
- Injuries - study of specific injuries to muscles, tendons, ligaments, bursa and bone.
- Posture evaluation - how and what to observe for postural evaluation
- Regional Anatomy & Assessment
- Orthopaedic Testing & Injury Assessment
- The effect and application of Thermo (heat) & Cryotherapy (cold)
- Treatment - of acute & chronic injuries and include techniques such as:
 - Effective Deep Tissue Massage Techniques
 - Neuro Muscular Technique (NMT)
 - Trigger Points
 - Muscle Energy Technique (MET)
 - Proprioceptive Neuromuscular Facilitation (PNF)
 - Soft Tissue Release Technique (STR)
 - Connective Tissue Massage (CTM)
 - Passive articulation of major joints (excl. spine)
- A look at different types of exercises and stretching routines.
- Sports Rehabilitation of the injured individual

2014 **london school of massage**

LEVEL 5 BTEC HOLISTIC MASSAGE

BTEC Exam

- Completion of 36 case studies
- Multiple choice examination
- Written Question Paper
- Home Assignments
- A practical examination lasting 1 hour
- In class assessment and examinations

ITEC Exam

- 1 Final Multiple Choice Papers - Anatomy, Physiology & Pathology
- A practical examination lasting 1 hour
- Home study - leave ample time to do work at home
- 8 completed case studies (with minimum of 2 treatments each)
- In addition to above, 20 further Massage treatments
- Assignment relating to Business Practice & Holistic Therapies

BTEC & ITEC Massage Course Theory & Practice Combined

- The principles of Holistic Therapeutic Body Massage, and guidance on how to develop a massage routine for each individual client.
- The benefits of massage and its contraindications
- Supervised hands on approach to teaching practical massage skills
- Be able to treat common complaints effectively using "Effective Therapeutic Massage Techniques"
- Development of a holistic approach - treating the 'mind, body and spirit'
- Deep tissue massage techniques
- The proper application of massage techniques and use of body posture
- Postural Observation and its importance
- How to palpate structures and what to feel for
- Identification and location of body surface landmarks - including muscles and bones
- Use of different massage mediums
- How to take the body massage further and be able to apply techniques beyond the routine to tailor them to an individual - make them "therapeutic".
- How to resolve tightness and "knots" in tense muscles using soft tissue and Deep Tissue massage techniques

BTEC & ITEC Human Anatomy, Physiology & Pathology Combined Course

- Human Anatomy, Physiology & Pathology, covering all major systems and their functions:
- Cell Structure and Skin Cellular Composition
- Muscular and Skeletal Systems
- Cardiovascular - Heart and Blood Circulation
- Lymphatic System - Lymph glands and production of Tissue Fluid
- Neurological System - Brain and Nervous Tissue
- Endocrine System - Main endocrine organs and role of hormones
- Respiratory System - Lungs and air pathways
- Genito-Urinary System - Kidneys and water metabolism

The BTEC program will continue on the above and then explore the above body systems in greater detail

BTEC Professionalism & Business

- Professionalism, Ethics
- Concepts and practice of hygiene
- Forms of Marketing and how to get yourself noticed
- UK Business Laws relevant to sound practice
- Health & Safety related to clinical practice.
- Setting up a successful massage practice
- How to get clients
- In class talks on key aspects and how to tap into the market

Product Training:

**November
2018** **elemis**

on board spa (Elemis training for cruiseship)

Vocational Qualifications

FIRST AIDS

ASA LEVEL 1 AWARD IN TEACHING AQUATICS

LEVEL 2 CERTIFICATE IN ADULT LITERACY (CITY AND GUILDS)

DECORATION AND INTERIOR DESIGN (CEAC SPAIN)

BODYBUILDING INSTRUCTOR (ORTHOS SPAIN)

AEROBIC INSTRUCTOR (ORTHOS SPAIN)

Hobbies and Interests

tennis, squash, basketball, swimming, waterpolo, dance, 3d modeling, desing, photography, movies, nature.

CV created at www.spastaff.com

