

Curriculum Vitae

Female

D.O.B. 15 January 1981

Number of years working in industry: 12 years 8 months

Candidate ID Number: 33022

Nationality: British

Language Skills:

Fluent: English

Basic: Spanish, French, Italian

Permitted to work in: UK - United Kingdom

Position Sought: Massage Therapist, Holistic Therapist, Complementary Practitioner, Complementary Therapist

Personal Statement

I am passionate about massage and holistic therapy and strongly believe in the effectiveness of these therapies to relax both body and mind within health and spa settings. I have a range of qualifications and I am experienced in a wide range of treatments including; swedish massage; remedial/sports massage; aromatherapy massage (pre-blend); Indian head massage; hot stone therapy; reflexology; facials and reiki. I also have a thorough knowledge of different products. I am hard working, skilled, friendly and professional with excellent communication skills and I am able to work under my own initiative as well as part of a team. I am able to adhere to health and safety regulations and am able to keep the work environment to a high level of cleanliness. I am a good time keeper who is smart in appearance as well as physically fit with experience of working long hours standing delivering treatments. Although I have not worked within a spa setting before I believe I have many transferable skills which I could bring to the role and I am interested in developing my current skill set within a spa environment.

Seeking work in national and international locations and cruise ships

Employment History:

June 2013 - Present - Complementary Therapist at (most recent employer hidden for confidentiality) Hereford, UK - United Kingdom, (Home/Mobile)

Duties included:

- Self-employed complementary therapist / holistic practitioner who is multi-skilled in a range of treatments including; swedish massage, remedial/sports massage, aromatherapy massage (pre-blend), hot stone massage, Indian head massage, facials, reflexology & reiki. Within my massage treatments I am familiar with and regularly use; effleurage, petrissage, tapotement, fascial release, stretching, met, str & nmt. I also have experience of using a variety of different aromatherapy oils and products. I am able to work lightly to help promote relaxation or more deeply to help remove knots and tension. I am familiar with the use of music and candles to help promote relaxation further and am familiar with using mechanical couches, reflexology chairs and seated massage chairs. I often suggest and demonstrate suitable stretching and strengthening exercises for my clients to carry out at home. I also like to advise my clients on suitable beneficial products and the importance of a healthy diet and regular exercise.
- Experience of working from a variety of settings including; complementary therapy centres, health centres (one of which specialises in working with clients with cancer), home visits & occasionally I work from home, I have also previous experience of providing treatments at my local MIND centre
- I am responsible for all aspects of running my own business which includes; delivering treatments to a variety of clients both male and female and adapting treatments when necessary to meet individual needs, administration, advertising, record keeping, stock taking/ordering, handling cash, budgeting, record keeping and maintaining excellent standards of cleanliness. I am also used to working long hours and being on my feet for most of those hours.

Products worked with:

- Elemis

- Elemis
- Weleda
- Neals Yard
- Dermalogica
- Tisserand
- Bio Tone
- Kaeso
- Amphora Aromatics
- L'occitane

Career Break - Traveling

September 2016 - July 2017 - Training to be a Level 5 Remedial/sports massage therapist at Bristol College of Massage & Bodywork, Bristol, UK - United Kingdom, (College)

Duties included:

- Training to be an advanced complementary therapist
- Training to be a Remedial/Sports Massage Therapist with the highly acclaimed College of Massage & Bodywork based in Bristol
- Learning how to apply deep techniques gently to help relieve pain and promote relaxation
- Learning the importance of working with the clients pain threshold
- Learning about how the body processes pain and feeling and how massage and touch can be used to help the mind and body relax and let go of chronic pain patterns
- Learning many techniques including; fascial release, muscle energy techniques (MET), soft tissue release (STR), neuromuscular techniques (NMT)
- Learning how to treat many clients with skill and confidence
- Detailed knowledge of Anatomy & Physiology

Products worked with:

- Bio - Tone
- Wax

Education and Qualifications:

2017 Bristol College of Massage & Bodywork (BCMB) Lower Ground Floor 109 Pembroke Rd Clifton Avon Bristol BS8 3EU

Diploma Level 5

Remedial & Sports Massage

2013 NPTC Group of Colleges Brecon Beacons Campus Penlan Brecon LD3 9SR FHT Teach Therapy Talgarth Natural Healing Centre Talgarth Brecon

VTCT Level 2 complementary therapies, facial & reflexology VTCT Level 3 swedish massage, pre-blend aromatherapy massage, hot stone therapy massage, Indian head massage, sports massage & thai massage & Anatomy & Physiology FHT Certificate in Warm Ba

- Complementary Therapies
- Swedish Massage
- Facial & Skin Care
- Reflexology
- Pre-Blend Aromatherapy Massage
- Indian Head Massage
- Hot Stone Massage
- Thai Massage
- Sports Massage
- Anatomy & Physiology
- Warm Bamboo Massage
- Spinal Advanced Reflexology
- Reiki Levels 1 & 2

1999 Hereford Sixth Form College

A Levels: Theatre Studies B, Fine Art C, English D

1997 Gwernyfed High School

GCSEs: English B/C, Science Double Award: BB, Music: B, Fine Art: B

Product Training:

**January
2013** **Dermalogica**

NPTC Group of Colleges, Brecon Beacons Campus, Penlan, Brecon, LD3 9SR

Dermalogica facials

Vocational Qualifications

- First Aid Training
- Level 3 Health & Social Care
- Level 1 Counselling

Hobbies and Interests

- Reading a variety of different genres including reading to further my knowledge in massage & holistic therapies.
- Developing my skills in all areas of massage and holistic therapy through attending training events; treatment swaps; receiving massage treatments and through visiting spas and other practitioners.
- I enjoy keeping my mind and body well through a careful diet, walking and yoga.
- Travelling, drawing, painting, writing and cooking.

CV created at www.spastaff.com

