

Curriculum Vitae

Female

D.O.B. 11 September 1971

Number of years working in industry:

12 years 10 months



Candidate ID Number: 34945

Nationality: British

Language Skills:

Fluent: English

Permitted to work in: UK - United Kingdom

Position Sought: Senior Therapist, Massage Therapist, Holistic Therapist, Complementary Therapist, Hypnotherapy

Personal Statement

- Experienced Qualified Massage Therapist with a successful career history within the Health Wellness & Fitness Industry.
- Professional skills in Spa, Therapeutic Massage, Hypnotherapy, Reiki and Stress Management.
- Exceptional communication skills to be able to evaluate my client's needs and deliver ultimate comfort, rejuvenation and wellness.
- Experience working in diverse settings with and alongside different cultures.

Seeking work in national & international locations and cruise ships.

Employment History:

May 2021 - Present - Complementary Therapist at (most recent employer hidden for confidentiality) UK, (Home/Mobile)

Duties included:

Creating my own business, offering Hypnotherapy and healing modalities, creating unique treatments that are tailored for each individual, to help facilitate in their selfcare and create their own bespoke healing experience.

January 2021 - May 2021 - Spa Consultant at Zula Wellness Resort, Qatar , (5 Star Hotel Spa)

Duties included:

Zula is a brand-new wellness resort, its vision is two healing concepts, for health and wellbeing, one for adults that can access a wide range of therapeutic and lifestyle enhancement treatments based upon Arabic and Islamic traditional medicine and indigenous ingredients from the region. Offering a range of different healing modalities to create a bespoke package for each Guest. The Family wellness resort enables families to come together and enjoy positive wellness experiences, inspiring young children and their parents with fun and interactive activities that help them to learn more about adopting a healthy lifestyle.

Key Responsibilities:

- Holistic Trainer
- To learn all required Holistic treatments and train the Holistic Therapist to perform each treatment to the highest standard.
- Co-ordinate with other departments, to understand and have knowledge of all other modalities within the resort, to ensure the highest standards were delivered daily. *Due to Covid, other restrictions and the resort still in the pre-opening stages I did not get to fulfil my full duties as a trainer.

March 2019 - December 2020 - Senior Therapist at Grantley Hall , UK, (5 Star Hotel Spa)

Duties included:

- Key Roles and Training:

Departmental Trainer, ensuring all new and existing staff have full training and ongoing support. Nature Bisse Face and Body Trained Ila beyond organic, Face and Body Trained Neals Yard Facial Training La Stone Therapy Training

- Responsibilities:

Setting up and closing down of the Spa for all treatments, communicating with Therapists, Hosts and other departments, ensuring the daily diary runs efficiently. Knowledge of all treatments, supporting other Therapists, to confidently deliver the highest standards and service in a 5 Star environment. Stock taking / orders

March 2018 - July 2019 - Massage Therapist at Canyon Ranch Spa Club At Sea, Cruise Ship , (Cruise Ship)

Duties included:

Full range of professional standard therapies offered, including my gift of healing.
Client consultation (including celebrities), presentation and staff training.

August 2015 - September 2017 - Massage Therapist at Steiner , Royal princess, (Cruise Ship)

Duties included:

- Supervised own column on board each ship and responsible for maintaining schedules as well as for the maintenance of the massage equipment and room facilities.
- Facilitated thorough consultations and personal aftercare and follow ups, ensuring the highest standard of Customer Service for my clients, always with a personal touch.
- Performed a range of treatments including, Deep Tissue Massage, Hot Stone Massage, Aromaspa Wrap, Thai and Coconut Poultice.
- I possess a deep understanding of all services and products offered and actively promoted the beauty spa and treatments helping to drive revenue
- Awarded Steiner 'Employee of the Month' for Princess.
- Awarded Steiner 'Service of Excellence' Award.

Career Break - Training - industry-related

February 2013 - July 2015 - Complementary Therapist at Freelance, UK, (Home/Mobile)

Duties included:

I established my own business as a holistic therapist providing alternative and complimentary treatments for all individuals who wished to enhance and improve their health and general wellbeing. Working from home as well as commuting, I prided myself on forming solid, professional relationships with customers to ensure their needs were met, tailoring a range of therapies that were suitable to each of them. My main goal was supporting people to feel more positive both physically and emotionally in their own personal growth.

Key Responsibilities:

- Hypnotherapy
- Neuro Linguistic Programming (NLP)
- Reiki
- Indian Head Massage

Education and Qualifications:

2015 Calderdale College

Diploma

- Hairdressing Level I & II, Calderdale College
- VTCT, Level 3 Diploma in Indian Head Massage, Health & Safety Anatomy & Physiology
- Manchester School of Hypnotherapy – Hypnotherapy Diploma/Coaching certificate, NLP Practitioner
- Counselling Concepts Level II
- Reiki Level I, II, Master Practitioner & Reiki Teacher
- Crystal Healing Course, Happiness Centre, Ilkley
- Swedish Massage Course Level 3 / Anatomy & Physiology

6 Week Training with the Steiner Academy 2015

Chocolate Indulgence Body Treatments, Thai and Coconut Poultice Massage and Jade Stone Massage Course, Elemis Deep Tissue, Elemis Aromaspa Wrap, Aromastone Therapy, Bamboo Massage, Elemis Body Sculpting Cellulite and Colon Therapy, No Hands Massage Course

Remede Body, Bliss Rhythm and Bliss and Royal Indulgence Course

1987 Calder high School

Vocational Qualifications

Health and Safety and Proficient in Microsoft Word, Excel and Outlook

Hobbies and Interests

Alternative therapies, Reiki Healing, long walks, beauty and fashion, personal development, socialising, travelling, meeting new people, exploring new cultures.

CV created at www.spastaff.com

