

# Curriculum Vitae

Male

D.O.B. 13 October 1982

Number of years working in industry:

13 years 1 month



**Candidate ID Number:** 36764

**Nationality:** Lithuanian

**Language Skills:**

Fluent: Lithuanian, Russian

Good: English

**Permitted to work in:** European Union

**Position Sought:** Spa Consultant, Head Therapist, Treatment Manager / Spa Trainer, Massage Therapist, Holistic Therapist, College Tutor, Fitness Professional, Yoga / Pilates Teacher, Massage coach trainer lecture

## Personal Statement

Young, brave and full of energy men, professional Massage Therapist with work experience 14 years (SPA, massage and healthcare). Also, have work experience about 8 years total (Management, sales, administration and teaching). 3 years experience as Pilates instructor, group Body Culture training, healthy back training program. From 2023 start work as Massage coach, instructor and lecture (working at Massage school and privately).

I am interested in serious offers, especially with the prospect to grow and work with professional team. I've never worked abroad before. But I would like to get this experience, to become the best specialist and to share my knowledge and skills, that's why I'm looking for this opportunity.

I like my job. I would like to share my knowledges and skills. I am always opened for the new knowledge and breakthrough.

Seeking work in international locations.

## Employment History:

**January 2018 - Present - Yoga / Pilates Teacher** at (most recent employer hidden for confidentiality) Vilnius, Lithuania, (Health Club)

### Duties included:

Pilates and stretching group instructor.

**June 2021 - Present - Massage Therapist** at Pasilepink SC, Vilnius, Lithuania, (Day Spa)

### Duties included:

Massage Therapy.

Shoulder, neck, head massage, Back massage, Body massage, Deep Relax massage, Therapeutic Massage. Consultations.

### Products worked with:

Massage oil, Aroma oil, Foot cream

**January 2020 - Present - Yoga / Pilates Teacher** at PiPilates studio, Vilnius, Lithuania, (Health Club)

**Duties included:**

Pilates Reformer instructor.

Providing Pilates Reformer group / and personal training. Making Pilates program, consulting clients. Keeping studio area.

**Products worked with:**

Pilates Reformer

**January 2023 - Present - Massage coach** at Academy of Health and Beaut. School, Bernardins str. 2 C, 21114 Trakai, Lithuania, (College)

**Duties included:**

Massage lectures and workshops (Massage ergonomics and bodymechanics, Sports massage, Therapeutic massage).

**July 2017 - Present - Massage Therapist** at Freelancer, Vilnius, Lithuania, (Home/Mobile)

**Duties included:**

- \* Consulting a patient.
- \* Provide Massage Therapy service.
- \* Provide Massage treatment: Medical and Sports massage, FDM therapy (Fascial distortion model), Deep tissue & trigger point, Soft tissue, Visceral Osteopathy, Acupressure/Reflexology.
- \* Management a facebook page and advertisement sites.
- \* Online consulting.
- \* Take a part on sport events, dance festivals as Massage Therapist.

**Products worked with:**

Geomar products

**November 2024 - February 2025 - Pilates Reformer coach** at MyPilates, Vilnius city, Lithuania, Lithuania, (Health Club)

**Duties included:**

Group and private Pilates Reformer training

**December 2018 - June 2020 - Yoga / Pilates Teacher** at Movement studio ENSO, Vilnius, Lithuania, (Health Club)

**Duties included:**

Group class training: Pilates, healphy back, balance and deep muscles, healphy posture for kids.

**September 2018 - December 2018 - Fitness Professional** at JSC Aikuva, Turbofit, Vilnius, Lithuania, (Health Club)

**Duties included:**

Private Fitness training coach. Muscles electrostimulation / activation training.

**Products worked with:**

EMS/EMA training technology from AmpliTrain

**September 2016 - July 2017 - Massage Therapist** at JSC East Island, Vilnius, Lithuania, (Day Spa)

**Duties included:**

Massage treatments: Chinese classic, Reflexology, classic, relaxing & anti-stress massages, hot stone massage, aromatherapy; SPA treatments: chocolate and honey massage, peeling and wrap. Clients consultation.

**Products worked with:**

Elemis, Babor

**January 2017 - May 2017 - Yoga / Pilates Teacher** at City Dance Studio, Vilnius, Lithuania, (Health Club)

**Duties included:**

Pilates Instructor (group exercise).

Teaching, consulting, motivate students. Organize lessons and seminars.

**October 2014 - June 2016 - Massage Therapist** at Amadeja SPA house, Vilnius, Lithuania, (Day Spa)

**Duties included:**

Massage treatments: Chinese classic, Reflexology, classic, relaxing & anti-stress massages, aromatherapy; SPA treatments: chocolate and honey massage, peeling and wrap. Clients consultation.

**Products worked with:**

Elemis, Babor

**March 2015 - October 2015 - Massage Therapist** at Kempinski Hotel Cathedral Square. Kempinski the SPA, Vilnius, Lithuania, (5 Star Hotel Spa)

**Duties included:**

Massage treatments: Chinese classic, Reflexology, classic, relaxing & anti-stress massages, aromatherapy, SPA treatments: chocolate and honey massage, hot stone massage, peeling and wrap. Kempinski Seasonal SPA treatments. Clients consultation. Keeping of SPA area.

**Products worked with:**

Elemis, Daniele De Winter

**May 2012 - September 2013 - Head Therapist** at Beauty and wellness center "Pavel massages", Vilnius, Lithuania, (Health Club)

**Duties included:**

Massage treatments: Chinese classic, Reflexology, vacuum, Relaxation, Press-Rolling. Clients consultation. Health gymnastic Group instructor: Qigong and Choi gymnastics. Projects and services creation, sale service.

**January 2012 - May 2012 - Massage course teacher** at Lithuania "Zinija" society. Education and Training Center, Vilnius, Lithuania, (College)

**Duties included:**

Massage courses teaching:  
- Classic Massage Basics  
- Chinese acupressure Basics  
- Chinese Tui Na massage Basics

- Massage treatments

**August 2011 - December 2011 - Massage Therapist** at JSC Solketa, massage cabinet, Vilnius, Lithuania, (Day Spa)

**Duties included:**

Massage treatments: classic, classic Chinese Tui Na, Reflexology. Clients consultation.

**Education and Qualifications:**

**2023**

Diploma of professional training Massage therapist qualification level 4

Massage Therapist

**2021 Profesional Study Center "Zirmunai"**

Diploma of professional training Massage therapist qualification level 4

Massage Therapist. Therapeutic and sports massage therapist.

**2018 Public institution: Athlete Training Center.**

Degree + License

Body Culture and Sport. Physical condition training.

**2017 "Aeromix" fitness training center. Vilnius**

Certificate

Osteopathy practice.

Basics of Osteopathy and Kinezitherapy. The use of Osteopathic techniques in coaching.

**2016 "Aeromix" fitness training center. Vilnius**

Certificate

Movements physiology and biomechanics. Fascia, muscle fascia and possibility to release using Pilates.

1. Fascial role for posture and movement. Exercise to release fascia using your body weight.
2. Exercises to release fascial using various of measures: Roller, Pilates ball and ring, expander.

**2015 Resense company. Kempinski Hotel Cathedral Square 5\* Vilnius**

not certified

4 season SPA treatments by Resense; massage treatment for pregnant; Hatha Yoga training.

**2012 Dr. A. Bilkevicius Professional massage school (Israel)**

Certificate

Deep tissue and Press-Rolling massage

**2010 JSC "Boris" massage school, teacher and lecturer Du Baoxiang (Harbin, China)**

Certificate

Chinese classic Tui Na massage and acupressure

**2009 Beijing Traditional Chinese Medical health Preservation Research Center**

not certified

Chinese foot massage basics. Chinese foot massage techniques, acupressure points system.

**2005 JSC "Boris" massage school, teacher and lecturer B.Tajupov**

Certificate

Honey and chocolate massage

**2005 JSC "Boris" massage school, teacher and lecturer B.Tajupov**

Certificate

Classic massage

**2005 Vilnius Pedagogical University**

Higher/Bachelor Diploma

Geography

**2001 Vilnius secondary school Saltinio**

Secondary Education. Diploma.

## **Vocational Qualifications**

First Aid, OS Windows, Software: Access, Excel, Word, PowerPoint, Picaso.

## **Hobbies and Interests**

Yoga, Chigong, Fitness, Travel, cycling, reading.

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

