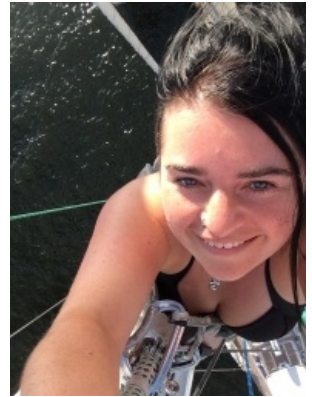


# Curriculum Vitae

**Female**

**Number of years working in industry:**

**11 years 9 months**



**Candidate ID Number:** 42403

**Nationality:** British

**Language Skills:**

Fluent: English

Basic: Albanian, Greek, Spanish, French

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

**Position Sought:** Assistant Manager, Head Therapist, Senior Therapist, Massage Therapist, Holistic Therapist, Complementary Practitioner, Complementary Therapist, College Tutor, Yoga / Pilates Teacher, Receptionist

## Personal Statement

Experience in varied job roles has given me robust skills to work impeccably well as part of a team and individually. I hold enthusiastic social communication skills, have an excellent friendly customer service manner and always work to a industry required professional standards. I maintain a calm stress free approach to problem solving and meeting required deadlines.

I have training in Thai Yoga Massage from a massage clinic I was employed at Lila Thai Massage although not yet certified. I received in-salon training in microdermabrasion although not certified and working with Dermalogica Products. I am passionate about learning as much as I can within the industry and love providing caring pampering experiences for people.

I have a strong practice and interest in Yoga, Dance, nutrition, sailing and exercise which compliment my work life with my personal life goals.

Seeking work in international locations and cruise ships

## Employment History:

**January 2021 - Present - Spa Director** at (most recent employer hidden for confidentiality) Saranda, Albania, Albania, (Health Club)

### Duties included:

Stellar Therapies was my own massage and yoga studio along with a worldwide wellness retreat organisation that I set up and founded in Saranda, Albania.

Roles included:

- Head Massage Therapist and Yoga Teacher
- Marketing
- Reception duties
- Client care and satisfaction
- Logistics and creation of local and worldwide retreats
- Budgeting & end of month spreadsheets
- Stocktaking & ordering
- Rota and organising extra staff for high seasons

**Products worked with:**

Evolve Organic Beauty

**Career Break** - Traveling

**April 2019 - April 2020 - Massage Therapist** at The Beach Spa, Cayman Islands , Cayman Islands, (5 Star Hotel Spa)

**Duties included:**

- To provide beauty and massage treatments to clients of the hotel
- To provide mobile treatments to other visitors accommodations
- Before and after care of clients
- Reception Duties

**Products worked with:**

- Body Deli raw facial products

**November 2019 - April 2020 - Yoga / Pilates Teacher** at Rock iguana, Cayman brac, Cayman Islands , Cayman Islands, (Hotel Fitness Centre)

**Duties included:**

To provide yoga & dance instruction to tourists and residents,

hatha yoga

yin yoga

vinyasa

restorative

morning divers flow yoga

divers decompression yoga

woman's theraputic movement through Arabic dance

**February 2017 - April 2019 - Massage Therapist** at On site Massage company, Scotland, UK - United Kingdom, (Home/Mobile)

**Duties included:**

- Provided at desk massages within office environments

**July 2017 - September 2018 - Receptionist** at Soma Osteopathy, Edinburgh, UK - United Kingdom, (Hospital / Medical Clinic)

**Duties included:**

- Reception Duties- booking patients via phone, in-house, email, taking payments, Admin, Housekeeping, stock taking, rota, front of house, patient records
- patient care and well being

**March 2018 - September 2018 - Beauty Therapist** at Pure Spa, Edinburgh, UK - United Kingdom, (5 Star Hotel Spa)

**Duties included:**

- Massage Treatments - Indian Head, Relaxation, Swedish, Deep Tissue
- Body Scrubs and Wraps
- Facial Treatments
- Warm & Intimate Waxing
- Client Care & Consultation
- Domestic Duties of the Spa
- Reception
- Product recommendations and sales

**Products worked with:**

- Elemis
- Pure Skin Care
- Perron Rigot
- Australian Body Care

**March 2017 - January 2018 - Massage Therapist** at Mobile Massage, United Kingdom , UK - United Kingdom, (Home/Mobile)

**Duties included:**

To preform 15 minute chair massages at corporate events around the UK

**May 2017 - November 2017 - Massage Therapist** at Cyan Beauty Studios, Edinburgh, UK - United Kingdom, (High Street Salon)

**Duties included:**

- Massage therapies - Indian Head massage, Swedish, Thai, back neck and shoulders, on site massage
- facial treatments
- waxing
- reception
- client care & Wellbeing

**Products worked with:**

Dermalogica

**February 2017 - November 2017 - Massage Therapist** at Lila Thai, Edinburgh, UK - United Kingdom, (High Street Salon)

**Duties included:**

- Thai Massage Therapist & Swedish Massage
- Facial Treatments
- Reception Duties - booking clients via phone, in-house and online, taking payment & cash handling
- Maintaining treatment room standards

**May 2017 - November 2017 - Massage Therapist** at Edinburgh City Chiropractic, Edinburgh, UK - United Kingdom, (Hospital / Medical Clinic)

**Duties included:**

- Massage Therapist- Swedish, Indian Head Massage & Reflexology
- maintaining treatment room standards
- client care and wellbeing

**March 2017 - November 2017 - Holistic Therapist** at Planetary Healing centre, Edinburgh, UK - United Kingdom, (High Street Salon)

**Duties included:**

- Client care and wellbeing
- Massage Therapist- Swedish, Indian Head Massage & Reflexology
- maintaining treatment room standards

**June 2016 - July 2016 - Massage Therapist** at Volipia Sailing Vessel, Sweden, Sweden, (Cruise Ship)

**Duties included:**

- Massage & Reflexology Therapist
- deckhand
- cooking & housekeeping

**Career Break** - I studied and worked for the Theatre and film industry within the Costume, hair and make up departments

**March 2005 - January 2006 - Holistic Therapist** at Neat Feet Complimentary Centre, Kirkcaldy, UK - United Kingdom, (High Street Salon)

**Duties included:**

- Massage Therapist
- reception duties
- retail management
- making herbal products

**Career Break** - Travelling and non industry related work

**January 1996 - August 1998 - Hair Stylist** at Keith Angus Hairdressing , Edinburgh, UK - United Kingdom, (Hair Salon)

**Duties included:**

- Trainee Hair stylist
- washing & shampooing clients
- blowdrying
- Reception Duties - taking payments, Taking bookings via phone and in-house
- assisting All senior stylists and beauty therapists

**Products worked with:**

- Toni & Guy Products

**Education and Qualifications:**

**2021 College of Highlands and Islands**

HNC

1st year of Sports Therapy & Rehabilitation Degree

**2018 Thai Massage School Chaing Mai**

Foundation level 1

- Traditional Thai Massage

**2018 International school of Chang Mai**

Diploma

Thai Massage

**2018 Trained in House**

not certified

- Deep Tissue

- Body Scrubs & Wraps
- Trigger Point Therapy

## **2018 Scottish Therapy Academy**

Diploma

- Hot Stone Massage

## **2018 Gateway workshops training academy**

Diploma

- Intimate & Hot Waxing

## **2017 Trained in house**

Not certified

- Thai Yoga Massage

## **2017 Amethyst Holistic Training School**

Diploma

- Swedish Massage

## **2016 Scottish Therapy Academy**

Diploma

- Facial Treatments

## **2005 Trained in House**

Not certified

- Reiki

## **2004 Craven College**

Vtct

- Indian Head Massage

## **1996 Balwearie High school**

- Standard Grade- English, Maths, French, Art, Drama, History, Modern Studies,
- Highers - English, Drama

## **Product Training:**

### **May 2018 Elemis**

- Online Elemis Academy
- Elemis product Knowledge

## **Vocational Qualifications**

- HND Theatre Costume Interpretation
- City & Guilds Level 3 Costume Design
- Diploma Corsetry

## **Hobbies and Interests**

- yoga
- Sailing
- various form of dance
- Designing and making clothes
- Diving
- Swimming

