



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 therapeutic 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

