

Curriculum Vitae

Female

D.O.B. 04 May 1984

Number of years working in industry:

14 years 7 months



Candidate ID Number: 51141

Nationality: Italian

Language Skills:

Fluent: English, Italian

Good: Portuguese, Spanish

Basic: German

Permitted to work in: European Union

Position Sought: Spa Consultant, Regional Senior Manager, Spa Director, Spa Manager, Salon Manager, Spa Coordinator, Assistant Manager, Head Therapist, Treatment Manager / Spa Trainer, Senior Therapist, Beauty Therapist, Massage Therapist, Holistic Therapist, Complementary Practitioner, Fitness Professional, Yoga / Pilates Teacher, Swim / Aqua Fit Teacher, Health coach/lifeguard/Ayurvedic practitioner

Personal Statement

Highly skilled Health, Beauty, Fitness, Food, and Nutrition (incl. Ayurvedic Nutrition) professional with extensive experience in spa operations and physical training, blending fitness with yoga and meditations and targeting holistic health from different perspectives.

Adept at numerous massage modalities, possesses an in-depth understanding of body treatments and excellent client communication skills. Proven leadership skills with considerable record of developing and nurturing strong teams focused on providing excellent service.

Comprehensive customer service and VVIP hospitality experience, having worked at notable fine dining restaurant, providing HNW clientele with outstanding service.

I am a motivated people oriented person. I enjoy helping others and perform my job with love.

Areas of Expertise

- Spa Treatments
- Massage Therapy
- Client Relations & Satisfaction
- Team Supervision
- Spa Administration & Operations
- Training & Development
- Health & Safety Regulations
- Nutrition Counselling

Seeking work in national and international locations and cruise ships

Employment History:

September 2018 - October 2019 - Holistic Therapist at (most recent employer hidden for confidentiality) Riyadh, Saudi Arabia, (5 Star Hotel Spa)

Duties included:

Identified the clients' fitness level and health. Oversaw completion of exercise routines. Tracked clients' physical progress. Modified exercise plans based on needs, potential injuries or health issues. Conducted individual and group fitness training sessions. Adopted a holistic training approach (e.g. fitness, body, and mind workouts). Oversaw the use of fitness equipment to ensure

clients exercised properly and safely. Handled nutrition and health-related questions.

- Set up entire spa in collaboration with the Royal architect, choosing all interior design and the various themes of the numerous spas of the palace.
- Recognised as top choice spa therapist to all the UHNWI guests and the VVIP international guests by helping them have fun and improve their health through exercise.
- Demonstrated ability to adapt in any environment and excel.

Products worked with:

Various high end brands

Career Break - Traveling

September 2017 - September 2018 - Senior Spa Therapist - Fitness Trainer/Yoga Trainer at Adler Mountain Lodge, Bz, Italy, (5 Star Hotel Spa)

Duties included:

Delivered a wide variety of spa services in a safe and comfortable manner. Kept documentation and maintained clients' files. Acknowledged and responded to relevant customer queries, needs and expectations. Suggested and promoted retail products or additional services. Followed health and safety regulations. Conducted and led yoga classes and yoga and fitness personal training classes. Assessed students to determine their level of practice. Assisted students to achieve precise alignment. Demonstrated practice and techniques.

- Secured consistent re-bookings from satisfied clients.
- Developed and implemented own protocols which were better suited to clients.

September 2016 - September 2017 - Senior Therapist at Vergilius Business Resort & Spa, Vicenza, Italy, (5 Star Hotel Spa)

Duties included:

Attended and participated in meetings and training sessions. Ensured clean, safe and well-organised spa facility. Set up spa and workstations and ensured cleanliness and tidiness throughout shift. Ensured spa equipment was working and coordinated safety and maintenance checks and repairs with the maintenance team where necessary. Demonstrated how to provide excellent customer service from the moment customers were greeted at the front desk, during their various treatments, and also their after-treatment care.

- Enhanced skills in beauty therapy through skill development across the globe, providing one-of-a kind treatments that weren't the usual beauty/spa therapist treatments, receiving important rewards from the VIP guests of the hotel.
- Recognised for ability to completely understand clients' needs and provide excellent service.

March 2016 - September 2016 - Spa Manager at Karma spa KARMA GROUP, Rottnest island western australia, Australia, (5 Star Hotel Spa)

Duties included:

Perform all type of massages and treatments/ arranging bookings/managing staff

Products worked with:

Elemis

Career Break - Traveling

February 2015 - April 2016 - Massage Therapist at Peppers beach club, Port douglas, Australia, (5 Star Hotel Spa)

Duties included:

facials, various types of massage and body treatments

Products worked with:

Products: Li'Tya

Career Break - Traveling

October 2015 - February 2016 - Massage Therapist at Keturah day spa, Perth western australia, Australia, (High Street Salon)

Duties included:

Performing various types of massages and body treatments, keep the spa clean and tidy, welcome and counsel the clients

Products worked with:

Pevonia

Career Break - Training - industry-related

February 2014 - October 2014 - Massage Therapist at Port Douglas day spa australia, Australia far north queensland, Australia, (Day Spa)

Duties included:

Being the main therapist in charge of deep tissue massage/ performing cupping/Thai massage and beauty treatments including Vichy shower, facials, mani-pedi

Career Break - Traveling

September 2004 - December 2013 - Massage Therapist at Quifit & Vicenza, Italy, (Health Club)

Duties included:

Sport Massage Therapist / Fitness Trainer

Education and Qualifications:

2007 Scienze motorie Verona

degree

- Ayurvedic Massage School (60 Hours Certificate) Yoga & Ayurveda School of Rishikesh, India
- Yoga Teacher Training Course (200 Hours) Yoga Vidya Gurukul, Nasik, Maharashtra, India
- Advanced Diploma Thai Yoga Massage, Metta Thai Massage School of Thailand, Bangkok
- Thai Massage Diploma, Wat Po School, Bangkok
- Personal Trainer Licence & Musical Fitness Coach
- Physical Education and Sport Sciences University

Product Training:

April 2015 Comfort zone

Port Douglas day spa

Facial and body brush

April 2014 Kora

Natural therapies center and spa

kora protocol facials

Vocational Qualifications

First aid/ lifeguard

Hobbies and Interests

I'm passionate about traditional Indian music

CV created at www.spastaff.com

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