

Curriculum Vitae

Female

D.O.B. 17 February 1992

Number of years working in industry: 6 years 5 months

Candidate ID Number: 63449

Nationality: Latvian

Language Skills:

Fluent: English, Russian

Basic: Latvian, German, Spanish

Permitted to work in: European Union, UK - United Kingdom

Position Sought: Massage Therapist

Personal Statement

Self determined

Passionate about things I do.

Seeking work in international locations and cruise ships

Employment History:

September 2019 - Present - Spa Consultant at (most recent employer hidden for confidentiality) Latvia, (5 Star Hotel Spa)

Duties included:

- Talk with clients about symptoms, medical history, and desired results
- Evaluate clients to locate painful or tense areas of the body
- Manipulate muscles or other soft tissues of the body
- Provide clients with guidance on stretching, strengthening, overall relaxation, and how to improve their posture
- Provide comfortable plus relaxing spa experience to all guests ensuring extreme safety for guests.
- Head responsibility to clean and maintain massage rooms, changing linens and refilling supplies etc.
- Document client's condition and progress

Products worked with:

- Old Riga Garra Rufa Spa
- Samana

Career Break - studies

Education and Qualifications:

2014 SAMANA, Riga, Latvia

Certificate

Massages certificates from Samana International Massage school in collaboration with Latvian Adult Education Association: Anti-Cellulite massage, Thai foot massage, Classic massage, Classic Face massage, Hot stone massage, Champi massage, Tibetan spital massage

Vocational Qualifications

History

Hobbies and Interests

I have travel around. I have been in Latvia, Russia, Lithuania, Estonia, Poland, Germany, Italy, England, Belgium, France, Hungary, Slovakia, Sweden, Greece, Egypt, Turkey, Albania, Serbia, Bosnia and Herzegovina, Croatia, Montenegro, Brazil, Bolivia. In this trips I have learned adaptability, stress management, time management etc. I love different kind of sports. I have trained in street workout, knife self-defence, sword training's, mountain climbing, different dances - zumba, ballet, different body training activities - running, aqua gym, joga, beach volleyball etc. This training's teached me team work, boost my self-esteem, train my physical and mental health.

CV created at www.spastaff.com

