

# 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 a 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, yoga, beach volleyball etc. This training's taught me team work, boost my self-esteem, train my physical and mental health.

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

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