**CURRICULAM VITAE**



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**CAREER OBJECTIVE**

To serve the mankind, being a natural holistic healer, while working with a professionalorganization, developing and utilizing myself with the endless potential of ever growing wellness industry.

**CAREER HIGHLIGHTS**

* Nine years of experience in hospitality/wellness industry.
* Passionate and have always excelled in various alternate holistic healing therapies with highest level of guest satisfaction.
* Possess excellent knowledge in major Spa therapies, Ayurveda and beauty therapies.
* A frontrunner in attaining revenue targets and up selling.
* Excellent in customer relations and communication skills.

**PROFESSIONAL QUALIFICATION**

* **Ayurveda: -** Trained in as therapist, specialized in AyurvedaPanchakarma Therapies and Ayurveda nursing, from Malabar Institute Kerala, India. approved by government of India.
* **In spa therapies: -** Trained in **Indian and international Spa therapies** from Spaed Spa academy Kodungallur, Kerala, India.
* **ILA certification in holistic therapies** trained under David Pene
* Trained **certificate for 3 max slimming machine**
* Basic knowledge in **yoga therapies**

**PROFESSIONAL EXPERIENCE**

* As Ayurveda therapist at **Arya Vaidya pharmacy Coimbatore, India**- September2007to January 2009
* As Spa &Ayurveda therapist at **Spaveda spas and retreats,kerala,India**-February 2010 to January 2012
* As spa &Ayurveda therapist at **Vythirivillage, a five star luxury spa resort,kerala, India**- January 2012 to July 2013
* As spa therapist and natural healer **at balance wellness 360 spa , an unit of land mark hospitality group, Dubai**-November 2013 to present

**DUTIES AND RESPONSIBILITIES:-**

**As a senior spa therapist my prime responsibility was to provide the guest, a vital experience of holistic healing and relief, Upholding best practices, hygiene standards and safety regulations. I have been fortunate always, to excel in up selling spa services and retail products.**

My routine activities includes:-

* Delivering professional therapies and treatments in accordance with wellness needs of the guest, addressing their happiness.
* Effectively informing and educating the guests with specific wellness concerns, suggesting and up selling additional services and promoting retail products.

* Handle guest questions and concerns professionally and courteously.
* Provide accurate appropriate and immediate response to all requests by guest.
* To possess complete knowledge and understanding of the processes and procedures utilized in various therapies.
* Taking proper care of equipments and use of proper amount of products to assist with cost controls.
* Maintain therapy room with sufficient supplies clean linens and ensuring neatness.
* Regularly attending and participating in trainings and meetings and being up to date with market trends
* Assist in all areas of spa operation as requested by the management.

**TREATMENTS& THERAPIES**

* **All Ayurveda therapies and panchakarma treatments**
* **Specialized therapies:-**
  + - * + Prenatal and post natal wellness therapies
        + Energy healing body therapies
        + Chakra balancing therapies
        + Kundalini back massage
        + Kn Nye body treatment
        + Shiatsu flow
* **Spa therapies** :-
* Swedish massage
* Aroma therapy
* Deep Tissue massage
* Anti stress massage
* Therapeutic Treatment
* Reflexology (Hand &Foot)
* Royal head massage
* Indian head massage
* **Beauty treatments :**
* Facials
* Body scrubs
* Body wraps
* Manicure
* Pedicure
* **Specialized holistic beauty therapies**
* Ananda facial treatment
* Marine algae face therapy
* Rainforest face therapy
* Energy healing face therapy
* Moroccan hammam ritual
* Vishuddha face treatment
* **Modern spa therapies**
* Hydro therapy
* Power jet shower and Vichy shower therapy
* 3 – max cavitation
* LPG ( endermologie by LPG)
* Spa bike

**LINGUISTIC SKILLS**

* English – fluent in speaking, writing & reading
* Indian regional languages

**PERSONAL PROFILE**

Gender : FEMALE

Marital status : MARRIED

Age& Date of Birth : 26yrs, 27-11-1989

Vision : NORMAL

Height : 157 cm

Weight : 47 kg