**PEACE**

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**PERSONAL DETAILS**

***Date of birth***

*May 13th 1989*

***Gender***

*Female*

***Marital Status***

*Single*

***Nationality***

*Nigerian*

***Visa Status***

*Visit Visa*

***Languages Known:***

*English, Arabic*

**Email:** [peace.382218@2freemail.com](mailto:peace.382218@2freemail.com)

**Position Desired: massage**

**Job Objective**

Seeking a challenging position in an organization where I can utilize my experience to carrying out assigned duties effectively and efficiently and add value to the current services offered to customers

**CAREER HISTORY**

**LASHI SPA AND FITNESS CLUB , LAGOS, NIGERIA**

**Durations: Jan 2016- JAN 2018**

**Position:** Massage & Body Therapist

**Duties and Responsibilities:**

* Apply finger and hand pressure to specific points of the body.
* Assess clients' soft tissue condition, joint quality and function, muscle strength, and range of motion.
* Confer with clients about their medical histories and any problems with stress and/or pain in order to determine whether massage would be helpful.
* Develop and propose client treatment plans that specify which types of massage are to be used.
* Massage and knead the muscles and soft tissues of the human body in order to provide courses of treatment for medical conditions and injuries or wellness maintenance.
* Prepare and blend oils, and apply the blends to clients' skin.

**Beauty “U” Spa, LAGOS , NIGERIA**

**Durations: APR 2014 – MAY 2016**

**Position:** Massage Therapist

**Duties and Responsibilities:**

* Welcome clients to the spa and engage them in conversation to determine the services that they need
* Interview clients to determine of an illnesses or medical conditions that they may have which will keep them from taking proper benefit from massage treatments
* Provide clients with knowledge of different types of available massages and suggest appropriate massage therapies for individual clients
* Explain massage procedure and provide information about oils and creams used during massage
* Perform massaging activities according to each client’s instructions (pressure and preferred oil / cream)
* Talk to clients (minimally) during massage treatments to ensure their wellbeing during the procedure
* Use aids such as infrared lamps, ice and hot or cold compresses to help with massage therapies

**ACADEMIC QUALIFICATION**

* **Certificate in Massage and Body Therapy, Lashi Spa & Fitness Club**
* **Completed Higher Secondary School Certificate**

**Skills**

* Able to work as part of a team or independently with little or no supervision
* Flexible and can be able to work in a multicultural environment
* Superb interpersonal skills and exceptional ability towards greater customer satisfaction
* Excellent communication skills
* Computer literacy
* Ability to work under pressure

**Strengths**

* Self motivated and ability to communicate with other staff and motivate them
* Problem solving and decision making
* Good Analytical skill and a Quick Learner
* Focused on minute details

**References**

Can be provided upon request