

# NAME

TITLE

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## Profile

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## Experience

### Part-Time Massage Therapist - Company / Location

*MONTH YEAR - Present*

- Job Description: Served as a contracted massage therapist at the Boulder hotel providing 60-90-minute customized massages to clients.
- Results: Maintained a 54% client return rate and a 4.5/5 star review average on the hotel website.
- Additional Capabilities: Assessed client issues, including soft tissue conditions, joint qualities, range of motion, and flexibility to develop customized massage plans.
- Other: Learned deep tissue, Swedish, trigger point massage, and hot stone massage therapy. I used aromatherapy with many clients.

### Student Massage Therapist - Company / Location

*MONTH YEAR – MONTH YEAR*

- Job Description: Served as a student massage therapist at the Massage Institute for six months, providing clients with 60-90 minute Swedish and deep tissue massages.
- Results: Massaged over 250 clients and received consistently high satisfaction ratings with an average of 4.76/5 stars. They earned the Student Excellence Award.
- Additional Capabilities: Maintained client treatment records and SOAP notes, learned and executed safety and sanitation protocol for all massages, and mentored new students.
- Other: Served as a student representative at the Massage Institute to help new students acclimate to the program.

### Project Experience

- Freelance Massage Therapist: Provided massage therapy to practice clients for free as part of my training. I have operated my own business for six months.
- Volunteer at Shelter: Volunteered at a local homeless shelter to provide massages to clients for free.
- Customized Massage Plans: Created and delivered long-term massage plans for clients with specific medical issues and provided insight and consultations for other massage therapists in my education program.

## Education

### Advanced Neuromuscular Therapy Certification -

Colorado Institute of Massage Therapy

*2022*

- GPA: 4.0
- AWARD
- AWARD

### Bachelor of Arts in Dance - Boulder College

*May 2009*

- GPA: 3.89
- AWARD
- AWARD

### Minor in Human Anatomy - SCHOOL

*May 2009*

- GPA: 4.0
- AWARD
- AWARD

## Skills

### Expertise

- Massage techniques (deep tissue, aromatherapy, hot stone, Swedish)
- Knowledge of Human Anatomy & Endocrinology
- Empathy and Care
- Organization
- Consistency and Reliability

## Licenses & Accreditations

### Licenses Licenses & Accreditations

- Licensed Massage Therapist (LMT) in New York and Colorado
- Lymphedema Technician Certification
- Health Coach Certification