

INGRID RAMOS DA SILVA

Massage Therapist

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SUMMARY

Experienced massage therapist with over 3 years of expertise in various therapeutic techniques, including Swedish, Hot Stone, and Reflexology. Passionate about improving clients' well-being through personalized treatments in calming environments.

EXPERIENCE

Massage Therapist

Sensi Spa Urbano 02/2022 - Present Niterói, Brazil

Urban spa offering a range of rejuvenating treatments, including massages and facials. It provides relaxation and personalized service.

- Responsible for delivering a variety of massage modalities and body treatments, catering to clients of all ages.
- Ensures proper setup of all equipment before each service appointment and conducts thorough clean-up after each client.
- Executes tasks assigned by management to maintain a clean, well-stocked, and efficiently operating spa.

Massage Therapist

ANSEF 08/2021 - 12/2021 Rio de Janeiro, Brazil

Internship at the National Association of Federal Police Officers, specializing in myofascial release, quick massage, and Swedish massage techniques.

EDUCATION

Technical Course in Massage Therapy

Senac 02/2020 - 12/2021 Niterói, Brazil

- The technical course provides a comprehensive understanding of human anatomy and advanced technical skills, with a focus on personal and professional development, as well as expertise in both Eastern and classical Western massage techniques.

Holistic Therapy

Instituto Terceira Visão 12/2018 - 06/2019

- Specialized in non-invasive techniques based on traditional knowledge, with a focus on promoting health and well-being in a supplementary and preventive manner to conventional treatment. Experience in applying therapeutic approaches such as relaxing massages, aromatherapy, reflexology and more to provide physical and emotional balance to clients.

Coursework in Tourism

Anhanguera Educacional

08/2016 - 10/2018 Niterói, Brazil

- Completed the majority of the coursework toward Bachelor's Degree in Tourism.

LANGUAGES

Portuguese Native ●●●●●

English Fluent ●●●●●

Italian Beginner ●●●●●

French Beginner ●●●●●

SKILLS

Massage Therapy Skills

Swedish/Relaxation Massage, Shiatsu, Abhyanga Massage, Cupping, Hot Stone Massage

Holistic Therapy Skills

Aromatherapy, Reflexology, Auriculotherapy, Reiki, Chromotherapy