



Massage Therapist  
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## Accomplishments

- Passed MBLEx 2024
- Licensed Massage Therapist, MA 2024
- Prenatal & pregnancy massage certified 2024
- Reiki II Certified 2024
- Reiki I Certified 2023
- CPR Certified 2023

## Skills

- Proficiency in prenatal, pregnancy, Swedish, deep tissue, sports & movement massage, myofascial release, and trigger point therapy.
- Experienced in hot stone, hydrotherapy, body scrubs, dry brushing, foot treatments, add-ons & cupping.
- Client-focused approach with the ability to create a relaxing and therapeutic atmosphere.
- Strong interpersonal, customer service & communication skills.
- Expertise of anatomy and physiology.
- Commitment to continuing education and professional development.

## Education

**Bancroft School of Massage Therapy**  
Worcester, MA | 2024  
Massage Therapist

**Savannah College of Art and Design**  
Savannah, GA | 2021  
B.F.A. Graphic Design

## Work Experience

### Exhale Spa - Battery Warf

Boston, MA | LMT | Mar 2024- Now

- Performed and customized massages, body treatments, & aroma therapy for each guest.
- Ability to create regulars, prompt rebooking, and upgrade with add-ons.
- Trained in luxury spa experience and luxury spa products including Sothys.

### Elements Massage

Stoneham, MA | Intern | Sep 2023 - Feb 2024

- Received 100% positive feedback & rebook rate
- Performed client intake, SOAP notes, & specialized individual massage.

### Lutheran Rehabilitation & Skilled Nursing

Worcester, MA | Chair massage | Nov 2023

- Performed corporate chair massage for staff on site with set up, intake, massage, turnover, and tear down.

### VA Hospital

Brockton, MA | Intern | Dec 2023

- Assisted with intake process with disabled veterans & monitored hands on technique, like craniosacral Therapy, with therapeutic results

### Graphic Designer

Cryptozoic | 2021- 2022

### Helicopter Mechanic

United States Army | 2011-2017