

## PERSONAL INFORMATION

Maria Teresa Oliveira



## WORK EXPERIENCE

- 
- 11/2013–Present **Receptionist**  
Sixteen Malhoa, (Portugal)
- 11/2013–Present **Spa Therapist**  
Float in, Lisboa, Lardo do Rato (Portugal)  
- Responsible for performing spa treatments;  
- Customer Service;
- 06/2012–10/2013 **Waitress**  
Kontiki Beach Bar/Restaurant, (Portugal)
- 05/2008–07/2012 **Body spa therapist, Technique IPL, Technique of vella smoth, frezze**  
Spaz Dalma, Lisboa, Benfica (Portugal)  
- Responsible for performing spa treatments;  
- Promotion and sale of products;  
- Customer Service;  
- Responsible for the organization of material in stock;  
- Responsible for cleaning the space;
- 2008–2008 **Therapist of body and facial spa**  
Holmes Place- Avenida Liberdade, Lisboa (Portugal)  
- Responsible for performing spa treatments;  
- Promotion and sale of products;  
- Customer Service;
- 2008–2008 **Therapist of body and facial spa**  
Personal Body (Vila Galé Hotels), Lisboa (Portugal)  
- Responsible for performing spa treatments;  
- Promotion and sale of products;  
- Customer Service;  
- Ensure the cleanliness and organization of space and appointments;

- 03/2007–10/2007 **Therapist of body and facial spa (part time)**  
Clinifarma, Costa da Caparica (Portugal)  
- Responsible for performing spa treatments;  
- Promotion and sale products;  
- Customer Service;
- 2007–2007 **Therapist**  
Cellulem Block  
- Responsible for performing spa treatments;  
- Promotion and sale products;  
- Customer Service;
- 03/2007–02/2008 **Managing Partner**  
Therm Sensitive Spa  
- Responsible for performing spa treatments;  
- Promotion and sale of products;  
- Customer Service;  
- Ensure the cleanliness and organization of space;  
- Organization of stock;
- 04/2006–12/2006 **Spa Therapist**  
Steiner Leisure (Carnival cruise lines)  
- Responsible for performing spa treatments;  
- Promotion and sale of products;  
- Customer Service;  
- Ensure the cleanliness of the Spa
- 2004–2006 **Massagist/ Rescuer (youth football)**  
Gym Club, Corroios (Portugal)  
Responsible for physical therapy, fitness and recovery treatments
- 2001–2006 **Pysiotherapy Technique Auxiliary**  
Clinic of São Pedro do Sul, Corroios (Portugal)  
Responsible for treatments described by the physiatrist
- 1999–2001 **Monitors localized**  
Radical Gym, Chameca da Caparica (Portugal)
- 1999–2001 **Dance Monitors (Hip Hop)**  
Transformer Gym, Lisboa, Paço D'Arcos (Portugal)
- 1999–2001 **Therapist**

Health Club, Verdizela (Portugal)  
 - Sports massage and relax

**1997–1999 Administrative and employed over the counter**

LIXEX, (Portugal)  
 -Responsible for costumter service;  
 -Selling building materials;

23/07/2001–07/09/2001

**Internship Massage Therapy course and technique pysiotherapy**

Clinic Dr. Simas Abrantes, Lisboa, Laranjeiro (Portugal)  
 Internship in the areas of hydrotherapy, thermotherapy, electrotherapy, manual massage, Cinesiotherapy and laser

**EDUCATION AND TRAINING**

**Twelfth year of schooling in the area of Graphic Design**

1998–1999

**Massage Therapy course and auxiliary technique physiotherapy**

ACEITEM.LDA, Lisboa, Benfica (Portugal)  
 Completed with classification of 17 values

**Course of therapy of Hot Stones- Elemis Spa Therapy**

Academy of Steiner Leisure, London (e)

**Course of deep sports massage and aroma spa (body detox treatments)**

Academy of Steiner, London

**PERSONAL SKILLS**

Mother tongue(s) Portuguese

Other language(s)

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	B2	B2	B2	B2	B2
Spanish	A2	A2	A2	A2	A2

Levels: A1/A2: Basic user - B1/B2: Independent user - C1/C2: Proficient user  
[Common European Framework of Reference for Languages](http://www.cedefop.europa.eu/en/faq/35308)

Computer skills Computer skills in terms of user