
Sandra Collins, LMT

123 Park Avenue, Big Rapids, MI 68965

123-456-7899 | info@hloom.com

# Career objective

* To seek a position as a massage therapist in a reputable salon/spa.
* As a recent graduate of Sonoma Institute, I am looking to advance my knowledge and perfect the skills that I obtained through my education. I also seek to further develop my skills through experience working in the massage field
* To continue developing my skills so that I can provide high-quality massage and complimentary therapies to clients

# summary of qualification

* Outstanding knowledge of the following massage techniques:
* Swedish, Deep Tissues and Facial Release, Sport's, and Lymphatic Drainage
* Proficiency in S.O.A.P. charting and documentation
* Outstanding understanding of human anatomy and physiology of the body
* Ability to analyze postural issues and chart as necessary
* Able to guide clients through range of motion and other special tests
* Experience in planning of massage treatments and performing evaluations
* Clinical experience in a massage setting and at sports events
* Excellent interpersonal and communication skills
* Professional approach towards the job

# professional work experience

**Starbucks March** Portland, Oregon (222) 555-2121

*Customer Service Team Member* 2004 – Present

* Present a friendly attitude. Serve customers quickly and as efficiently as possible in a fast-paced environment. Store won Best Customer Service Award for March 2005.
* Employee of the Month Award October 2004 and November 2005.
* Responsible for stocking supplies, taking and ordering new inventory
* Design and help in distributing promotional material for the store
* Supervise upkeep of store and deal with maintenance issues as they arise

# Massage Experience

**Sandra Collins Spa Center**

Sole Proprietor February 1987 – Present

* Owner of a medical massage practice which focuses on treating injuries and providing pain management and other types of medically needed massage
* Primary medical massage techniques include “trigger point technique”, myofascial release, deep tissue massage, and various other clinical and orthopedic massage manipulations
* Strong focus on stress management as well as educating clients on good health maintenance
* Wellness techniques include primarily Swedish, deep tissue, and craniosacral
* Couples/partner massage classes are also taught

**Chapman School of Massage** Lakewood, Oregon

Teaching Assistant February 2003 – Present

* Assist in teaching continuing education classes in hot stone and trigger point work, provide private tutoring for pregnancy massage

**Healthy Horizons Spa** Seattle, Washington

Employee April 2000 – August 2002

* Performed both spa-style relaxation and wellness massage. Maintained thorough knowledge of Swedish massage therapy

**Relaxations Chair Massage, Limited** Appleton, Oregon

Employee March 1982 – March 2000

* Assisted the group's physical therapist in performing 5 to 10 minute medical massages on patients with a variety of chronic pathological disorders, averaging 100 patients a week
* Spoke with patients about the importance of proper body mechanics and breathing exercises
* Performed therapeutic massages on-site. Used Amma, Swedish, Sports and Shiatsu techniques

# Education

**University of Chicago** Chicago, Illinois

*B.S., summa cum laude* 1983

* Government Major.
* Political Science Minor.
* Delta Sigma Chi.

**McCann Massage School** Farmtown, Iowa

 2005

* 1000-hour, AMTAICOMTA-accredited, professional massage licensing program
* Electives included Shiatsu Therapy and Thai Massage

# Massage continuing Education

**Total hours through December 2010 – 83**

* Professional Ethics for Bodyworkers (6 CEUs), The Massage Institute, December 2009
* The Most Common Cause of Low-Back Pain (2 CEUs), Raymond Hoffman, March 2011
* Massage Ethics (6 CEUs), Charlie Roberts, December 2008
* Orthopedic Massage Intensive (22 CEUs), John Alfred, October 2007 (Teaching Assistant)
* Spa Massage with Hot Stones (1 CEU), Patricia Bolton, October 2003
* Orthopedic Massage for the Lower Body (1 CEU), Patricia Bolton, October 2003
* Guidelines for Therapeutic Sports Massage (20 CEUs), John Alfred, September 2007
* TouchPro chair massage (3 CEUs), Michael Jamison, April 1988

# Modality

* TOUCHPRO Chair Massage
* Swedish massage
* Deep Tissue
* TSUBO
* Reiki
* Sports Massage
* Hot Stones, Acupressure
* Shiatsu

# Massage Credentials

Professional member, Association of Massage and Bodywork Professionals (AMBP), Nationally Certified by the Board for Therapeutic Massage and Bodywork (NCBTMB) by The Orthopedic Massage Institute

# Certified in Orthopedic Massage

* I am certified in orthopedic massage. I received my certification from The Orthopedic Massage Institute. The program consists of 80 hours of classroom time, and a difficult written exam at the end to equal a total of 100 hours.
* Orthopedic massage is defined as a systematic application of multiple massage modalities, orthopedic assessment, and client education and self-care to address orthopedic conditions

# Community Service

Volunteer

SPCA, 1999-2008. Board member 2000-2001

Shells and Shore Benefit for the Homeless 1992-2009

Organizer

Ballet and Social Club of Seattle 1998-present

**Copyright information - Please read**

© This [**Free Resume Template**](http://www.hloom.com/resumes/) is the copyright of Hloom.com. You can download and modify this template for your own personal use to create a resume for yourself, or for someone else. You can (and should!) remove this copyright notice ([click here to see how](http://www.hloom.com/resumes/how-to-format-word/)) before sending your resume to potential employers.

You may not distribute or resell this template, or its derivatives, and you may not make it available on other websites without our prior permission. All sharing of this template must be done using a link to <http://www.hloom.com/resumes/>. For any questions relating to the use of this template please email us - info@hloom.com