

## CURRICULUM VIATE

### **Trayl Aitken-Cade**

D.O.B [REDACTED]

Citizenship: - British

Contact: - [REDACTED]  
[REDACTED]



I am applying for a role that requires great massage and interpersonal skills. I believe very strongly in the power of touch and the influence it has on the nervous system. I would also like to be able to offer movement and exercise because the way people feel after engaging in fun physical activity has such a positive influence on lowering stress levels.

I am very interested in working in an environment where clients come with the goal of improving their health and physical wellbeing. I love eating well, exercising and living life to the full. I want to be able to offer my passion to guests who are serious about feeling good through exercise, massage and good nutrition. Of course being able to offer this in a beautiful resort can only enhance the process.

I am already committed to returning to Amankora Bhutan from March through June. After this I will be free for future commitments.

### **Specialist:-**

- Deep tissue sports massage
- Reflexology and Indian head massage
- Osteo Thai massage a combination of Thai massage and Osteopathy
- Functional movement exercise classes. A combination of developmental movement patterns including fun Animal movements, cross fit circuits and aqua classes
- Fat loss through nutrition and exercise
- Injury analysis and rehabilitation
- ([REDACTED]) to see my exercise and massage

### **Career History with Aman Resort:-**

- November 2014 – Till present ( Four months contract) Working as a visiting specialist at Amanvara resort, TURKS & CAICOS [REDACTED]
- 2014 (Four weeks contract) worked as visiting specialist during the high season time at Amanpulo, PHILIPPINES
- 2014 (Three month contract) Worked as Massage specialist and outdoor activity specialist at Amankora BHUTAN

### **Previous Career History:-**

- 2013 Nine month contract Freelance massage therapist in London. I worked at LA Fitness in South Kensington. I built up my own client base and branched out into mobile massage in the area.
- 2010 -2012 Worked as a massage instructor at Sunshine massage school Chiang Mai (Thailand). I taught classes covering bio mechanics, anatomy, bodywork and Thai massage.
- 2008-2010 Worked as a massage therapist & fitness trainer at Parrot Cay Como Shambhala Resort and Spa, Turks & Caicos Island. I provided Deep tissue massage, Osteo Thai, Reflexology and Indian head massage as well as exercise classes.

- 2005-2009 I was working as a Free-lance massage therapist and personal trainer in London. I also ran my own home mobile massage and personal training business.

**Education & Training:-**

- 2003- London School of massage - Deep tissue and Swedish massage
- 2004- National Strength And Conditioning personal Trainer Diploma
- 2005- London School of Sports massage – Sports massage
- 2006-2008- Three hundred hours Thai massage certification
- 2006-2012- Thai foot massage. Old medicine Hospital and Nerve touch Chinag Mai (Thailand)
- 2008- Indian head massage and Reflexology in house training Como Shambhala.

**References:-**

- Greg Payne, Spa director Aman resorts [REDACTED]
- Alex Ivanov, Spa manager Amankora [REDACTED]
- Max Schweimer, Director Sunshine massage school [REDACTED]
- Jitendra Bhatt, Assistant Spa Manager, Amanyara resorst Turks & Caicos,  
[REDACTED]