



MICHAEL ANDERSON

Ayurvedic Therapist

Dynamic Ayurvedic Therapist with a strong background in natural health solutions, bringing over 3 years of experience in therapeutic practices. My journey began with an education in Ayurveda, which ignited my passion for helping others achieve their health goals through natural means. I specialize in client consultations, Ayurvedic massage, and lifestyle coaching.

WORK EXPERIENCE

Ayurvedic Therapist

2020-2023

Tranquil Ayurveda Spa

- Delivered Ayurvedic massages and therapies tailored to individual client needs.
- Conducted health assessments to determine appropriate treatment plans.
- Educated clients on Ayurvedic principles and self-care routines.
- Maintained treatment records and documented client progress.
- Participated in team meetings to enhance service delivery.
- Engaged with clients to gather feedback for service improvement.

Wellness Consultant

2019-2020

Ayurvedic Solutions Clinic

- Provided consultations to clients seeking guidance on Ayurvedic health.
- Developed and implemented wellness plans based on Ayurvedic principles.
- Facilitated workshops on nutrition and Ayurvedic lifestyle.
- Collaborated with other health professionals to provide comprehensive care.
- Tracked client outcomes to measure program effectiveness.
- Created educational resources on Ayurvedic practices for clients.

ACHIEVEMENTS

- Enhanced client retention by 20% through improved treatment experiences.
- Successfully organized wellness workshops with a participation rate of over 80%.
- Received positive testimonials from clients, leading to increased referrals.

CONTACT

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EDUCATION

Bachelor of Science in Ayurvedic Medicine

University of Kerala
2019

SKILLS

- Client Consultation
- Ayurvedic Massage
- Lifestyle Coaching
- Health Education
- Team Collaboration
- Documentation

LANGUAGES

- English
- Spanish
- French