



MICHAEL ANDERSON

Senior Reflexologist

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SUMMARY

Dedicated reflexologist with over 5 years of experience in holistic health practices, combining deep knowledge of anatomy with a passion for natural healing methods. Skilled in creating personalized treatment plans based on individual patient needs, I have successfully assisted a diverse clientele in managing stress, pain relief, and overall well-being. My approach integrates a strong foundation in traditional reflexology techniques with modern evidence-based practices.

WORK EXPERIENCE

Senior Reflexologist Holistic Health Spa

Jan 2023 - Present

- Conducted comprehensive assessments to customize reflexology sessions for clients.
- Utilized various reflexology techniques to alleviate symptoms of stress and chronic pain.
- Educated clients on self-care practices and the benefits of reflexology.
- Maintained detailed client records to track progress and treatment effectiveness.
- Collaborated with a multidisciplinary team to enhance patient care and outcomes.
- Participated in community wellness events to promote reflexology services and holistic health.

Reflexologist Wellness Center

Jan 2020 - Dec 2022

- Performed reflexology treatments for clients to improve relaxation and well-being.
 - Developed individualized treatment plans based on client health history and feedback.
 - Provided aftercare advice, empowering clients to continue their wellness journey at home.
 - Participated in workshops to enhance skills and knowledge in reflexology.
 - Maintained a clean and welcoming treatment environment, ensuring client comfort.
 - Tracked and reported client progress to management to improve service offerings.
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EDUCATION

Diploma in Reflexology, International Institute of Reflexology

Sep 2019 - Oct 2020

ADDITIONAL INFORMATION

- **Technical Skills:** Anatomy, Client Assessment, Treatment Planning, Holistic Health, Stress Management, Communication
- **Awards/Activities:** Increased client satisfaction ratings by 30% through tailored reflexology treatments.
- **Awards/Activities:** Successfully managed a caseload of over 200 clients, ensuring high-quality care.
- **Awards/Activities:** Recognized as Employee of the Month for outstanding client feedback and service.
- **Languages:** English, Spanish, French