
 (973) 555-4321

 helen.stoker@gmail.com

 East Orange, NJ 07017

## SKILLS

- Aromatherapy and essential oil treatments
- Reflexology and acupressure
- Herbal skincare and body treatments
- Deep tissue and relaxation massage
- Customized facials (natural, organic, and anti-aging)
- Knowledge of holistic health practices and natural healing methods

## EDUCATION

### Reflexology Certification

International Institute of Reflexology-  
, 2020

### Aromatherapy Certification

National Association for Holistic  
Aromatherapy, 2019

### Deep Tissue and Relaxation Massage Certification

Massage Therapy Institute of New  
Jersey, 2018

### Certified Holistic Beauty Therapist

New Jersey School of Holistic Health,  
2018

## LANGUAGES

- Spanish (conversational)

## HOBBIES

- Enthusiast of yoga
- Passionate about eco-friendly beauty solutions

# HELEN STOKER

## BEAUTY THERAPIST

## PROFESSIONAL SUMMARY

A passionate and dedicated beauty therapist specializing in holistic beauty therapy and wellness treatments. With over five years of experience, I focus on integrating traditional beauty techniques with holistic therapies to promote relaxation, healing, and natural beauty. Skilled in aromatherapy, reflexology, herbal treatments, and natural skincare.

## EXPERIENCE

- May 2020 - Now

### Holistic Beauty Therapist

The Healing Touch Wellness Spa / Montclair, NJ

- Administer relaxation and deep tissue massages, focusing on stress relief and body rejuvenation
- Provide guidance on incorporating holistic wellness practices into clients' daily routines
- Create a serene and calming environment that promotes emotional and physical well-being
- Educate clients on the benefits of organic skincare products and natural ingredients

- June 2018 - April 2020

### Beauty and Wellness Therapist

Radiance Holistic Spa / Bloomfield, NJ

- Delivered holistic massages, focusing on energy balancing and relaxation
- Promoted the use of eco-friendly, natural beauty products to clients seeking non-toxic alternatives
- Conducted workshops on holistic beauty and self-care practices for local communities

- August 2017 - May 2018

### Beauty Therapist (Intern)

Pure Essence Holistic Beauty / East Orange, NJ

- Provided therapeutic massage services, focusing on relaxation and stress relief
- Helped maintain the spa's inventory of holistic beauty products and essential oils