

# CRISTINA MATEUS 35 years

SPA MANAGER

LEVEL 1 FACIALIST APPRENTICE GESTUELLE YIN-YANG & L'OEUVRE DE BEUTÉ®

CERTIFIED MASSAGE THERAPIST

Hot Stone | Holistic | Thai | Ashiatsu  
Facial Rejuvenation | Cuppin Therapy  
Reflexology | Chakra Therapy | Guasha

YOGA INSTRUCTOR

Vinyasa | Yoga Therapy | Power Yoga  
Prenatal Yoya | Meditation

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## AS A REVERENCE

to my Teachers, I aim to share the message of **love**, **compassion**, and **respect** for all living beings through my therapies and classes.

By integrating deep relaxation, mantra meditation, asanas, pranayama, and gentle touch, my goal is to guide clients toward a more aligned and **conscious way of living**.

## DURING MY SERVICES

I share the knowledge that has helped me stay connected to my physical body, deepen my energetic awareness, and nurture my spirituality.

The main intention is to create a safe atmosphere where users can express their true feelings, also face and overcome their deepest fears, in order to heal themselves in a holistic perspective.



9 Years ago I fell in love with the art of manual therapies and their natural benefits. My treatments aim to support health and peace of mind, guiding clients toward physical and energetic balance through the process of induced homeostasis



My Teaching Approach adapts to the setting, ranging from powerful, flowing sequences to restorative practices, always emphasizing proper alignment and breathwork. I conduct classes in English, Sanskrit, or Spanish, blending soothing music with guided demonstrations and providing verbal or physical adjustments when necessary. This ensures each posture is accessible, safe, beautiful, and heart-opening for all participants



WE NEVER STOP LEARNING  
KEEP ALWAYS A BEGINNER'S MIND



25 hrs Thai Table Massage International Certification / ITM INTERNATIONAL TRAINING  
MASSAGE SCHOOL FROM THAILAND QUITO — ECUADOR MAYO 2024



32 hrs Certification for Professional Use of Facial Guasha / UYA FACE YOGA  
QUITO — ECUADOR MAYO 2023



PROFESSIONAL FACIALIST OF ORIENTAL BEUTY TECCHNIQUE  
LA GESTUELLE YIN -YANG & L'OEUVRE DE BEAUTÉ® BY PHIANE DUQUET . 20 hrs Level. 1  
ECUADOR SEPTIEMBRE 2022



SPA MANAGER: Administration of beauty centers and Spas/ WELLO ACADEMY ARGENTINA,  
APRIL 2022



SETEC-2122-CCL-193201 Certification in the profile of performing therapeutic  
massages: Endorsed by SETEC (Secretaría Técnica del Sistema Nacional de  
Cualificacione) Certification validity: 13/01/2025



Permission for the Exercise of Alternative Therapies in Massage Therapy granted by  
MSP (Ministerio de Salud Publica del Ecuador on 06/25/2021



200 hrs Massage Therapy / SANDALO CENTER- INSTITUTO LENDAN  
Theoretical-practical workshop for improvement in massage techniques QUITO —  
ECUADOR 2019



Clinical Aromatherapy Applied To Facial and Body Treatments /SANDALO  
CENTER QUITO 2019



Hot Stone Massage / MATELJAN HEALING ART QUITO 2017

Chrakra Therapy with crystals / WAH AYURVEDA QUITO 2018



# WELLNESS STUDIES

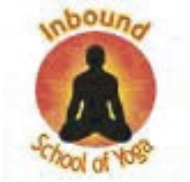




32hrs Reflexología Continuing Educations Endorsed by SETEC (Secretaría Técnica del Sistema Nacional de Cualificaciones)/ IMPERIUM QUITO 2020



20hrs Therapeutic and aesthetic cupping Online Training: Cupping Therapy ZENTRUM Endorsed by APNE (Asociación de Profesionales Neuropatas del Ecuador) QUITO 2020



500hrs RYT- Yoga Alliance / Bakti Yoga School:

200 hrs RYT - Yoga Alliance Ashtanga Vinyasa Internationa TT CALI-COLOMBIA 2016

200 hrs Advanced RYT - Yoga Alliance International TT CUSCO PERU 2018

100 hrs RTY- Yoga Alliance Yoga Therapy Internacional TT CUSCO PERU 2018



200 hrs AirYoga Yoga Yogismo (AIYY)

100hrs of 200 hrs AirYoga Teacher Training QUITO-2017



85 hrs RPYS- Yoga Alliance PASSION YOGA SCHOOL / SOULWORK Prenatal Yoga Online Teacher Training COSTA RICA - ECUADOR DECEMBER 2020



200 hrs Power Vinyasa Yoga Training / SOY YOGA

Yoga Online Teacher Training QUITO 2021



# TOURISM & WELLNESS

In 2018 I provide my services as [Yoga Instructor](#) at the prestigious [La Selva Amazon Lodge](#), located in the Ecuadorian jungle. I catered to international guests seeking adventures, holistic, wellness and relaxing experiences.

From [2019](#) to March [2020](#) and again from [November 2021](#) to [May 2022](#) I worked on board [The GALAPAGOS LEGEND](#) as [Wellness Therapist and Yoga Instructor](#), offering holistic treatments and wellness programs to enhance guests' well-being.

Between October 2022 and September 2024, I worked aboard the [Silver Origin](#) as a [Spa Manager](#), overseeing [massage therapy](#) and [VV](#) I ensured high-quality treatments and exceptional client experiences, catering to guests who expected the highest standards of luxury and comfort



## FORMAL STUDIES

Degree in Advertising - UDLA 2012

## SKILLS

- Customer service
- Digital Strategy
- Video and Photography Production
- Graphic design
- Mindfulness and Chakra Therapist
- Reiki Level II

## PERSONAL REFERENCES

- CRISTINA MUQUINCHE  
[Sandalo Center Director]  
0995541081
- JULIANA VERA (Yoga & Wellness)  
0999065200

## LAST JOB

- 2022-2024 Spa Manager  
- Masseur /  
SILVER ORIGIN

## CURRENT JOB

- Owner of SANTOSHA WELLNESS EXPERIENCE, offering personalized Yoga sessions and Massage Therapy, including home services tailored to clients' individual needs