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Ileana Ruiz Aragón

Professional Summary

Massage therapist with a solid training in various therapeutic techniques, such as deep tissue massage, relaxing massages, muscle mobilization through Asian massages (with or without canvases), relaxation techniques and induced meditation. I specialize in physical alignment and optimization through sensoperceptive biomechanics, conscious postural reeducation and other treatments according to the needs of the client. My approach covers the body from a psychosomatic perspective, integrating sensory-perceptive concepts and techniques acquired in my training paths in Contemporary Dance, Body Expression, Theater and Psychology. I offer personalized and unique care based on active and empathetic listening, combining technical skills with sensitive and professional treatment. I am committed to continuous improvement, which is why I participate in specialization courses and workshops to offer a high-quality service adapted to each person, contributing to their self-knowledge, a fundamental tool to achieve comprehensive well-being.

EXPERIENCE

Private office and massages at home.

Spa Kuwana - Hotel Bicentenario from October 2024 (Techniques and applied treatments: wood therapy, hot stones, reflexology, relaxing, muscle relaxers, lymphatic drainage, bamboo canes, body polishing, facial hygiene with facial massage, energy massage).

Estética Skincare - Mate de Luna 2100 from November 2024 Techniques and applied treatments (Reducing and shaping massages, aromatherapy, treatments for tired legs, Chinese spheres, wood therapy, hot stones, kembique technique, deep muscle relaxant massages, relaxing with guided meditation, lymphatic drainage, application of electrodes and radiofrequency)

Calma Spa (Yerba Buena) Febrero 2025

TRAINING

Certification in Therapeutic Massages and Comprehensive Techniques

Institution: Tucumán Association of Massage Therapists - FATHE Teachers: Fátima Herrera and Zulema Vera Year: 2024 Description: Comprehensive training in therapeutic massage techniques, including deep tissue, muscle mobilization and relaxation techniques.

Certification as an operator in therapeutic massages of deep

techniques. Institution: Tucumán Association of Massage Therapists - FATHE

Teachers: Fatima Herrera and Estela Gómez, Year: 2024 Description:

Training in therapeutic techniques of deep tissue decontracting massages and their mobilization in reducing massages

Improvement course in manual lymphatic drainage massages

Institution: Tucumán Association of Massage Therapists - FATHE

Instructor: Zulema Vera and Fátima Herrera

Asian Massage Course with Canvases Institution: Tucumán Association

of Massage Therapists - FATHE Teachers: Fátima Herrera and Estela Gómez Year: 2024

Description: Specialization in Asian massage techniques with and without canvases, combining muscle mobilization with induced meditation methods.

Maderostone Massage and Aesthetic Techniques Course Institution:

Tucumán Association of Massage Therapists - FATHE Teachers: Fátima Herrera and

Zulema Vera Year: 2024 Description: Training in reducing and aesthetic massages, such as facial lifting, Mask Massage and the use of Maderostone for body treatments.

Course in Contemporary Dance and Body Expression Institution:

National University of Tucumán Unfinished course Description:

Training in contemporary dance and body expression, with a focus on movement and sensory perception as therapeutic tools.

Course in the Teaching of Dance and Body Expression Institution:

ISAC (Catamarca) Year: Unfinished course Description: Training in

body expression techniques applied to movement and teaching
body art in space.

Bachelor's Degree in Psychology Institution: National University of Tucumán

Unfinished course Description: Study of the body and mind from a psychosomatic perspective, applying psychological concepts in the field of well-being and body therapy.

Bachelor's Degree in Plastic Arts Institution: National University of

Tucumán In progress Description: Artistic training that complements visual and sensory perception, with a focus on the development of creativity and aesthetics in the body field.

Achievements:

- Development of new techniques: By researching in the field of the arts, I am interested and working on the possibility of incorporating into my practices what I call mental massage, which consists in giving the client the experience of making drawings with the help of devices designed by me to facilitate relaxation and access to other levels of body awareness.
- Professional collaborations: I combined the perspective of massage technique with the artistic practice of performance art. The technique of the masseur or what happens in the bond with the client influenced my artistic work during the last performance show held in August.