



ERIK RÍOS MADRID

BILINGUAL MASSAGE THERAPIST |
SPORTS MASSAGE THERAPIST



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Professional Massage Therapist with experience in body care, muscle recovery and optimizing physical performance. Specializing in sports, therapeutic and relaxing massages with a holistic approach to improve well-being and preventing injuries.

- Provided services in Spanish, English, French and Portuguese. Advanced knowledge in human anatomy, muscle physiology. and post- exercise recovery.
- Experienced in Swedish massage, deep tissue, decontracting techniques and pre/post-competition treatments.
- Skilled in tailoring treatments to the specific needs of each client ensuring a personalized and effective experience.

Languages

- Spanish: Native
- English: Advanced (C1)
- French: Intermediate (B1)
- Portugués: Elementary (A2)

Professional experience

Sport Massage Therapist PM FITNESS GYM 2024 - Nowadays

- Attention to athletes and bodybuilders enhancing their physical performance and post-workout recovery.
- Implementation of pre and post-competition massages, facilitating muscle recovery and injury prevention.
- Application of relaxation techniques to reduce stress and improve blood circulation.

Freelance Massage Therapist Private Massage Room 2024- Nowadays

- Personalized therapies based on the needs of each client..
- Optimization of mobility and pain reduction through advanced massage techniques.
- Client management and retention, increasing session recurrence..

Gym Receptionist and Fitness Instructor PM FITNESS GYM 2021-2025

- Multilingual client support for Spanish, English, French and Portuguese speakers..
- Advising on training techniques, muscle recovery and injury prevention.
- Achievement of sales goals and client retention, strengthening loyalty and engagement with the gym.

Education and Certifications

Bachelor's degree in Education of Modern Languages (English-French)

University of Los Andes, Venezuela -2013

- Certified in Sport Massage Therapy – Dr. Osvaldo G. De Medicis School, Argentina-2024.
- Certified in Deep Tissue Massage – Dr. Osvaldo G. De Medicis School, Argentina-2024.
- Certified in Cardiopulmonary Resuscitation (CPR) and Automated External Desfibrillator (AED) – Cruz Roja Argentina-2024.
- Workshop on Nutrition and Healthy Eating – INTERVAL Escuela de Fitness, Argentina -2019.
- Certified in Fitness Trainer – ENADE Argentina-2018.

Skills and Abilities

- Sports and Therapeutic Massage (Swedish, Deep Tissue, Decontracting, Relaxing)
- Muscle recovery and injury prevention techniques.
- Knowledge in Applied Physiotherapy and Human Anatomy.
- Personalized Attention and Physical Well-being Counseling.
- Client Management and Retention..
- Multilingual communication Skills (Spanish, English, French, Portuguese)

NOTABLE ACHIEVEMENTS

- Improved physical performance and muscle recovery for athletes and bodybuilders using advanced massage techniques.
- Increased client retention by 20% through personalized and effective service.
- Developed a holistic wellness approach by combining massage therapy with muscle recovery advice.

