

Jéssica Paola Martínez Molina

Masseuse /Certified SPA cosmetologist Hatha yoga Instructor Graphic Designer

Mobile phone: 098 797 7222

Mail: martinezm.jess@gmail.com
Instagram: @jess.mmartinez
Adress: La Floresta - Quito
Birth date: 06/05/1988
Marital status: Single

Creative and goal-oriented individual with experience in massage therapy, cosmetology, yoga instruction, and graphic design. Adaptable, efficient, and persevering with the ability to work both independently and as a Committed player. team to continuous learning and delivering high-quality service with warmth.

PROFESSIONAL PROFILE

EDUCATION: Bachelor's degree in Graphic Desing Engineer from Universidad Israel, 2015. Skills acquired:

- Creation of print advertising
- Management of print and digital marketing for informative and educational advertisement purposes.
- Design and control of strategies and content on social media.
- Proficiency in advertising, artistic and documental photography.
- Production and post-production of images.

LANGUAGES: Intermediate English (B1) from CEC (Centro de Educacion Continua) institute at the Polytechnic School.

- Currently preparing for the B2 exam at EF Education Quito language institute
- Customer service experience in English at Galápagos Bike & Surf travel agency.

ON BOARD MASSAGE TRAINING:

- Certified Masseuse registration to work on board endorsed by ESMENA institution.
- OMI courses valid until 2027.
- Updated medical record until 2026.

MASSAGE AND YOGA INSTRUCTOR TRAINING AND WORKSHOPS:

Wave Dance workshop with therapist Verónica Ávila in 2014.

• Techniques: yoga, five rhythms dance, and process work.

Customer Service Course at Israel University, March 2014.

- Communication with target audience.
- Handling mailing for clients.
- Crisis resolution in service.

Yoga Teaching Workshop at Cre-Ser Institute 2020.

- Postures and asanas.
- Yoga classification.
- Types of chakras and their management in postures.

Aromatherapy Workshop with therapist Verónica Bastidas in 2020.

- The sense of smell and its functionality.
- Functionality and properties of aromatic plants.
- Creation of essential oils.
- Blending essential oils for healing purposes.

Certified Course by the Ministry of Labor in Therapeutic SPA Massages at IMPERIUM Institute 2021

- Full body relaxation massage
- Facial and scalp relaxation massage
- Hot stone massage
- Pindas massage. Indian technique
- Aromatherapy in SPA

Certified Course by the Ministry of Labor in Therapeutic SPA Massages at IMPERIUM Institute 2021

- Deep tissue massage
- Targeted massage
- Sports massage
- Wood therapy

Certified Course by the Ministry of Labor in in Facial and Body Cosmetology at PURPURA

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PROFESSIONAL EXPERIENCE

Hatha Yoga workshops focused on the elderly. Volunteering at UFFF Foundation on Isabela Island 2016

- Limb stretching exercises.
- Breathing control for relaxation.
- Guided meditations for body awareness.

Lighting and Production Assistant at Marco Andino Advertising Photography 2017

- Model and set scouting.
- Costume design.
- Logistics in photography production.
- Studio lighting management.

Website: www.marcoandino.com

Active yoga classes and Meditative Dance (Wave Dance) freelance at CRE-SER Technological Institute, Quito. 2017-2018

- Warm-up through Kundalini Yoga technique.
- Direction of Wave Dance technique.
- Guided meditations for body awareness.

Advertising and Customer Service Assistant at Galápagos Bike & Surf Travel Agency - Isabela 2018 - 2020

Training Center 2023

- Manual facial cleansing
- Mechanical facial cleansing

Regenerative Touch Workshop conducted by AGUA DULCE Holistic Center and Valerie Gaillard School 2023

• Restorative techniques of Shiautsu massage.

Hatha Yoga Teaching by the International Association of Ecuador YOGA YOGUISMO 2022

- Asanas.
- Pranayamas.
- Sat Karmas.
- Yoga meditation techniques.

- Agency accounts management.
- Sale of touristic services.
- SPA massage services.

Freelance SPA massage services for Hotel Isamar, Rincón de Jorche, and Iguana Crossing on Isabela Island 2018-2020

- Hot stone massages.
- Aromatic bag massages.
- Candle massages.
- Chakra opening massage.

Aromatherapy Workshop for emotional well-being on Isabela Island 2019

- Concepts of smell and emotional memory.
- Concepts of different types of essential oils and how to blend them.

Yoga by the Sea workshop for the community in Puerto López March 2021 - May 2021

Teaching Free classes for the community at Parque de la Mujer- Quito. Every Sunday.

Freelance relaxing massages at IMPERIUM Training Center 2021 to present.

Masseuse and Yoga Instructor on board the Galápagos Legend cruise ship. GO GALAPAGOS 2022

to present.

- Management of SPA relaxing therapies with manual techniques, hot stones, facials, and infant massages.
- Morning Hatha Yoga classes in English for passengers and Restorative Yoga classes for crew members.

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PERSONAL REFERENCES

- Deniss Sanchez Doctor Galápagos Legend Telf: 098 399 9074
- Emilie Gendrón Boss Owner Galápagos Bike & Surf Telf: 096 959 3443
- Ramiro Adrian Naturalist Guide Galápagos Telf: 098 483 5352











Ministerio del Trabajo

PAREDES ORBE HILDA CRUZKAYA

Otorga el presente

CERTIFICADO DE CAPACITACIÓN

Martinez Molina Jessica Paola - 1712625431

Por haber aprobado el curso: MASAJES TERAPEUTICOS DE SPA de 40 horas de duración, realizado en la ciudad de QUITO del 03/07/2021 al 07/08/2021 bajo el enfoque de CAPACITACIÓN CONTINUA.

QUITO, 11 de agosto de 2021

PAREDES ORBE HILDA CRUZKAYA









Certificado No. MDT-CI-REN-2021-0018- APR. 88744-2021

Ministerio del Trabajo

PAREDES ORBE HILDA CRUZKAYA

Otorga el presente

CERTIFICADO DE CAPACITACIÓN

Martinez Molina Jessica Paola - 1712625431

Por haber aprobado el curso: MASAJETERAPIA PROFUNDA de 40 horas de duración, realizado en la ciudad de QUITÓ del 09/11/2021 al 01/12/2021 bajo el enfoque de CAPACITACIÓN CONTINUA.

QUITO, 05 de diciembre de 2021

PAREDES ORBE HILDA CRUZKAYA Capacitador Independiente Calificado



RESOLUCION No. MOT-CI-REN-2021-0018





Certificado No. MDT-CI-REN-2021-0018- APR. 164400-

Ministerio del Trabajo

PAREDES ORBE HILDA CRUZKAYA

Otorga el presente

CERTIFICADO DE CAPACITACIÓN

Martinez Molina Jessica Paola - 1712625431

Por haber aprobado el curso: REFLEXOLOGÍA de 32 horas de duración, realizado en la diudad de QUITO del 30/08/2022 al 23/09/2022 bajo el enfoque de CAPACITACIÓN CONTINUA.

QUITO, 05 de octubre de 2022

PAREDES ORBE HILDA CRUZKAYA

Capacitador Independiente Calificado













La Asociación Internacional de Yoga y Yoghismo A.C. a través de su Colegio Mundial de Yoga

Otorga el Presente

CERTIFICADO

a Jessica Martinez

Por haber concluido satisfactoriamente el programa de estudios vigente correspondiente al segundo de tres semestres de 72 horasde capacitación que lo acredita como

ENTRENADOR DE HATHA-KRIYA YOGA (Yoga energético)



Ciudad de México, Marzo 2024





CERTIFICADO DE ASISTENCIA

Taller Toque Regenerativo

Certificamos que



Cursó el **Taller Toque Regenerativo** (16 hs) realizado del 16 al 17 de diciembre del 2023 en Quito, Ecuador



V & ULLI

Directora





Language Courses Quito

DM, Quito 3 de mayo del 2022

UITO ECUADOR

CERTIFICADO

EF School of English Quito, localizada en la Av. Amazonas y U.N.P, certifica que la Srta. Jessica Paola Martinez Molina con CI.: 1712625431, asistió y finalizó el nivel B2 Intermedio Alto módulo 2, alcanzando el 85/100% académico.

EF, al ser un centro autorizado de Cambridge University Press & Assesment, presentamos la malla bajo los lineamientos del marco común europeo.

Es todo cuanto puedo decir en honor a la verdad. La interesada puede hacer uso del presente como juzgue conveniente.

Atentamente,

Alexandra Guijarro

Academic Advisor, EF School of English – Quito

CAMBRIDGE ENGLISH

