



PRISCILLA VEGA LEDEZMA

Wellness Therapist

 +506 8764-7457 |  p.vegaledezma@gmail.com

 Guanacaste, Tamarindo

PROFESSIONAL PROFILE

Wellness Therapist with over 10 years of experience in the spa and wellness industry. Specialized in massage therapy, facial treatments, and holistic therapies, with expertise in advanced techniques such as myofascial massage, deep tissue, therapeutic massage, and sound therapy. Passionate about providing personalized experiences that promote relaxation and physical and emotional balance. Skilled in spa management, treatment coordination, and ensuring high standards of customer service.

WORK EXPERIENCE

Wellness Therapist | Cala Luna Boutique Hotel

January 2023 - November 2024

- Provided therapeutic massages and customized facial treatments.
- Implemented holistic therapies such as sound therapy for deep relaxation.
- Managed inventory and supervised supplies.
- Coordinated with service teams to optimize the client experience.

Independent Wellness Therapist

November 2015 - Present

- Assessed and personalized facial and body treatments.
- Managed appointments, schedules, and social media customer interactions.
- Built client loyalty through personalized experiences and continuous consultation.

Wellness Therapist | The Retreat Costa Rica

January 2022 - August 2022

- Prepared and applied luxury spa treatments.
- Managed supplies and maintained spa cabins.
- Supervised spa closing procedures, ensuring high quality and operational standards.

Other Positions in the Wellness Industry:

- Hacienda Alta Gracia (August 2022 - December 2022)
 - Owner - Massage and Physiotherapy Center (June 2018 - February 2020)
 - La Maison Spa, El Silencio Lodge & Spa, Súper Salón PECOSA S.A.
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EDUCATION & TRAINING

- Aesthetic Massage Technician – Instituto Nacional de Aprendizaje (2015)
 - Facialist Technician – Instituto Nacional de Aprendizaje (2015)
 - Basic English – Instituto Nacional de Aprendizaje (2012)
 - High School Diploma – Colegio Santo Domingo de Guzmán (2010)
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ADDITIONAL TRAINING

- **Myofascial Massage and Advanced Techniques** – ICATEMA (2024)
 - **Thai Massage** – Medskincare, Kala Yoga (2023)
 - **Kobido Facial Massage** – Mebskincare,, ICATEMA (2023)
 - **Sound Therapy and Tibetan Bowls** – Institucion española de sonoterapia
 - **Craniosacral Therapy** – Michelle Stoppi, The Well (2022)
 - **Lymphatic Drainage** – Universidad Tecnica Nacional (2016)
 - **Specialization in Acids and Skin Renewal** – CIB (2015)
 - **Massage Fundamentals I & II** – Universidad Tecnica Nacional (2015)
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TECHNICAL SKILLS

- Experience in hospitality and wellness centers.
- Massage therapy and manual techniques: Swedish, Thai, deep tissue, myofascial.
- Facial treatments: hydration, renewal, anti-aging, oily, combination, and dehydrated skin.
- Body treatments: exfoliations, wraps, deep hydration.
- Holistic therapies: sound therapy, sound baths, aromatherapy, craniosacral therapy.
- Use of spa equipment: hot stones, cupping therapy.
- Personalized client care and customer loyalty.
- Inventory management and spa coordination.
- Basic computer skills (Windows, digital scheduling).

- **Languages:** Spanish (native), English (B1).
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INTERPERSONAL SKILLS

- Ethics and professionalism.
 - Flexibility and adaptability.
 - Attention to detail and personal presentation.
 - Empathy and customer focus.
 - Problem-solving and conflict resolution.
 - Teamwork and leadership.
 - Effective communication.
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REFERENCES

- **Lic. Víctor Alfaro Picado**, Physiotherapist – 📞 8998-7352
- **Dr. Franco Vargas Cruz**, Veterinarian – 📞 8960-9165