

CRIS NOLF

Licensed Massage Therapist

cris.nolf@gmail.com

(366) 969-3393

123 Maple St, St. Louis, MO 63101



PROFILE

Licensed Massage Therapist with 2 years of experience in providing customized therapeutic massage treatments to diverse clientele. Skilled in various modalities, including Swedish, deep tissue, and prenatal massage, to promote relaxation, pain relief, and overall well-being. Strong interpersonal skills and a commitment to continued education to stay current with industry trends and best practices. Passionate about helping clients achieve optimal health and wellness through tailored massage therapy sessions.

LINKS

[linkedin.com/in/crisnolf](https://www.linkedin.com/in/crisnolf)

SKILLS

Reflexology

Shiatsu

Myofascial Release

Craniosacral Therapy

Lymphatic Drainage

Trigger Point Therapy

Thai Massage

LANGUAGES

English

Mandarin

HOBBIES

EMPLOYMENT HISTORY

● Licensed Massage Therapist at MassageLuxe, MO

Feb 2023 - Present

- Successfully increased client retention rate by 35% within the first year through personalized treatment plans and excellent customer service, contributing significantly to MassageLuxe's growth in the Missouri location.
- Expanded the clientele base by 25% within 18 months by consistently receiving positive reviews and referrals from satisfied clients, leading to increased revenue for MassageLuxe, MO.
- Implemented new massage techniques and modalities, resulting in a 20% increase in repeat bookings and a higher level of customer satisfaction.
- Collaborated with the management team to design and launch a successful promotional campaign that attracted over 100 new clients within 3 months, boosting the overall business performance.

● Massage Therapist Apprentice at Elements Massage, MO

Sep 2021 - Jan 2023

- Successfully completed over 500 hours of hands-on massage therapy training, focusing on various modalities such as Swedish, deep tissue, and sports massage, resulting in a strong foundation for providing exceptional client experiences.
- Achieved a 95% client satisfaction rate within the first six months of employment, earning positive feedback and numerous repeat bookings from satisfied clients.
- Consistently exceeded monthly sales targets by upselling massage packages and add-on services, contributing to a 20% increase in overall revenue for the studio.
- Actively participated in community outreach events, providing complimentary chair massages for over 100 local residents, resulting in increased brand awareness and generating 30 new clients for Elements Massage.

EDUCATION

Diploma in Massage Therapy at Missouri College of Massage Therapy, MO

Sep 2017 - May 2021

Relevant Coursework: Anatomy and Physiology, Massage Techniques and Modalities, Pathology, Kinesiology, Client Assessment and Treatment Planning, Hydrotherapy, Ethics and Professionalism, and Business Practices.

CERTIFICATES

Board Certified in Therapeutic Massage and Bodywork (BCTMB)