

PROFILE		Experienced massage therapist and bodyworker with more than 17 years of expertise in holistic therapies, spa management, and tailored wellness programs. Passionate about creating personalized treatments that combine traditional and contemporary approaches to promote wellbeing.
PROFESSIONAL EXPERIENCE	2009-2015	Head Spa Therapist Cocoon Urban Spa, Athens Led spa therapy programs and client treatments Trained and guided junior therapists
	2015-present	Independent Massage Therapist & Bodyworker Athens & Antiparos Provides tailor-made therapies in boutique hotels and private villas Offers wellness consultancy for hospitality venues
EDUCATION	2024-2025	Visceral Manipulation Level 1 The Barral Institute
	2020-2021	Spa Management National and Kapodistrian University of Athens
	2018-2019	Acupuncture Foundation Course Manual Courses
	2016-2017	Cupping Therapy, Gua Sha Therapy
	2010-2011	Thai Massage Course Sunshine House
	2008-2009	Reflexology Diploma Natural Health Science Holistic Massage Diploma Natural Health Science
	2007-2008	Basic Medical Studies Natural Health Science
OTHER EDUCATION		Piano Diploma National Conservatory of Athens Composition Studies for Theatre & Cinema Nakas Music Conservatory
LANGUAGES		English, Greek