

BARBARA MILLER

4412 Marshall Street, Cosmo, VA 21578
Home (703)491-1234 * Mobile (703)640-6789
bmiller@gmail.com

CAREER PROFILE

Licensed Beauty and Wellness Professional with over 20 years of experience in aesthetics, barbering, cosmetology, and massage therapy.

Skills & Expertise:

- Aesthetics
- Barbering
- Massage Therapy
- Cosmetology

PROFESSIONAL EXPERIENCE

Massage Therapist

April 2011 – Present

Soft Touch Spa – Softville, Virginia

- Assess clients' soft tissue condition, joint quality and function, muscle strength, and range of motion.
- Use complementary aids, such as infrared lamps, wet compresses, ice, and whirlpool baths to promote clients' recovery, relaxation, and well-being.
- Develop and propose client treatment plans that specify which types of massage are to be used.
- Confer with clients about their medical histories and problems with stress or pain to determine how massage will be most helpful.
- Provide clients with guidance and information about techniques for postural improvement and stretching, strengthening, relaxation, and rehabilitative exercises.
- Massage and knead muscles and soft tissues of the body to provide treatment for medical conditions, injuries, or wellness maintenance.
- Prepare and blend oils and apply the blends to clients' skin.
- Apply finger and hand pressure to specific points of the body.

Barber

September 2008 – March 2011

Cutting it Up – Sharptowne, Maryland

- Clean and sterilize scissors, combs, clippers, and other instruments.
- Cut and trim hair according to clients' instructions and/or current hairstyles, using clippers, combs, hand-held blow driers, and scissors.
- Record services provided on cashiers' tickets or receive payment from customers.
- Shape and trim beards and moustaches, using scissors.
- Stay informed of the latest styles and hair care techniques.
- Suggest treatments to alleviate hair problems.

Aesthetician

July 2005 – August 2008

Unique Day Spa – Unique, Texas

- Sterilize equipment and clean work areas.
- Examine clients' skin, using magnifying lamps or visors when necessary, to evaluate skin condition and appearance.
- Cleanse clients' skin with water, creams, or lotions.
- Demonstrate how to clean and care for skin properly and recommend skin-care regimens.
- Select and apply cosmetic products such as creams, lotions, and tonics.
- Perform simple extractions to remove blackheads.
- Stay abreast of latest industry trends, products, research, and treatments.
- Determine which products or colors will improve clients' skin quality and appearance.

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- Treat the facial skin to maintain and improve its appearance, using specialized techniques and products, such as peels and masks.
 - Refer clients to medical personnel for treatment of serious skin problems.

EDUCATION, LICENSES & PROFESSIONAL AFFILIATIONS

Bachelor of Arts, French

Unique University, 1999 – 2003

Texas State Licensed Aesthetician

Johnson & Johnson School of Aesthetics, 2003 – 2005

Maryland State Licensed Barber

The Real Deal Barbering School, 2005 – 2007

Virginia State Massage Therapist

Skin Deep Advanced Massage Therapy School, 2009 – 2011

Licenses

Texas State Licensed Aesthetician; License#: 79TX6520976/ Expires – 1/2014

Virginia State Licensed Massage Therapist; License#: 24VA7852347/ Expires – 10/2015

Maryland State Licensed Barber; License#12MD3409281/ Expires – 12/2014

Professional Affiliations

Board Member, Maryland Barbering Board

Board Member, Texas Cosmetology Board