

# Heather Fencel LMT EST

Licensed Massage Therapist and Esthetician

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## Education

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**Massage therapy** Boulder College of Massage 1500 credit hours, massage, nutrition, yoga, movement,

clinical ethics Zen Shiatsu, soap note charting, medical massage, swedish, deep tissue, lomi lomi, prenatal, hot stone Graduated June 15 1997

**Massage therapy** Honolulu School of Massage Therapy Hawaii massage, nutrition, yoga, movement, clinical ethics finished 1995

**MBLEX nationalexam** Massage and bodywork Licensing Examination ID: 0000000001480690 Exam date: 06/11/2021

**New Trier Township HS** Diploma Winnetka, IL 1991

**Non-degree education - CPR**  
massage insurance billing

Aveda product line -

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## Work Experience

**\*La Akea Spa/ Serenity Spa 2016-2021 Lead Massage Therapist**

Outrigger Reef Hotel 2169 Kalia Rd Honolulu Hawaii 96815-1989 Honolulu, HI · Inventory

- Interviewing
- Aveda trainer
- Esthetician
- Lic. Massage therapist
- product sales

**The Royal Hawaiian, A Luxury Collection Hotel five stars 2016 (position)**

The Abhasa Spa 1st floor Kalia Rd.4-5 Honolulu, HI · Product sales

- aroma therapy
- massage therapy

**PT Hawaii Massage Therapist for physical therapist 2015**

(Worked in conjunction with Dr. Scott McKaphery)

Farrington Hwy Waipahu Hawaii 96797 contact: 1808-680-9123 Honolulu, HI · Working with physical therapist · soap note charting

**Self employed massage therapist 2002-present**

*(Spa Matra) Honolulu, HI*

**Dental assistant 2002** *(Pedodontist and Endodontist assistant)*

*Under dentist Gaynor Michael K DDS Winnetka, IL ·X-ray technician*

- Sterilize instrument
- chair side assistant

**Periodontist assistant 2002** *(Four hands two hands surgical assistant)*

*Under Dr. Robert N Bitter Winnetka, IL ·X-ray technician*

- Sterilize instrument
- chair side assistant

**Kaimuki dental-** honolulu, HI

**Assistance on call-** palos hills,IL

Travel dental assistant for all modalities.

### ***Technical skills***

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**Massage styles** Postural evaluation\* Lomi\* Deep Tissue\* Swedish\* Reflexology\* Trigger Point therapy\*Polarity\* Reiki\* Prenatal\* Hot Stone\* Scrubs Wraps Seaweed and Slimming weight treatments\* Yoga Instruction for post treatments

### ***Interpersonal skills***

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**Amicable** Professional massage ethics

**Positive work environment** The inner peace of people is prioritized.

**Emotionally responsible** Receptive to the needs of people and voices concerns in a calm manner.

### ***Awards***

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**Girls Club Scholarship** New Trier -

### ***References***

**Sara Sikorski** Montana Masters in Accounting 1-808-369-4114 **Gina Czerniak** Palos Hills Illinois Registered Nurse 1-708-691-6375 **Amber Rial** Honolulu Hawaii Lead Massage Therapist 1-808-383-2980 **Debbie Drennen** Hair salon owner- Aveda spa owner 1-808-861-6459 **Erica Walker** Web designer, Entrepreneurial web designer 1-808-384-6901