



LUDEL MOUTON

Spa Stewardess / Stew Masseuse

People describe me as a 'Go Getter' and hardworking individual. I never shy away from a challenge and always put 110% into all tasks given to me. With my cheery disposition, I have a positive outlook on life and try my best to always see the glass half full. Should you choose to employ me, I will do my utmost best to ensure I obtain the values your vessel have, as well as become a valuable and necessary crew member and team player.

Personal Information

Mobile:

+33767602955

Email:

ludelmouton98@gmail.com

Current Location:

South Africa

Passport Expiry:

South African - 24/11/2027

Visas:

B1B2

Nationality:

South African

Date of Birth:

23 March 1998

Health:

Excellent - Fully Vaccinated (Pfizer)

Tattoos:

Small tattoo on inside of my right arm

Qualifications / Certification

Yachting Certifications:

STCW 10:

Fire Fighting - Exp: 18/01/2027

PST - Exp: 15/01/2027

Food and Hygiene Level II

ENG1 - Exp: 03/02/2023

Green to Gold Stewardess Course

Swedish massage, Pregnancy massage

Aromatherapy

Reflexology

Lymph drainage

hot stone massage

Deep tissue massage

Sports massage

Indian head massage

Lomi Lomi massage

Cold glass ball massage

Manicures/pedicures

Facials (basic to advanced)

Waxing

Chemical peels, micro-

needling, dermaplaning

Childcare

Work Experience

Personal assistant/Masseuse

Qatar (Chartered yacht) | November - December 2022

The owners of M/Y Renegade offered me a position to join them for 1 month in Qatar for the Fifa World cup mainly as their private masseuse on a 100m yacht they have chartered for the month. I also took care of madam's closet and personal items in this time along with daily laundry and provisioning for the cook. I took on this opportunity while I was in the process of obtaining and waiting for my B1B2 visa, which was a great learning experience being solely in my own department working as a stewardess/masseuse for primary guests. I had a fully equipped spa and performed the following treatments:

Lomi- lomi massage, Hot stone massage, LED therapy facials, chemical peels, deep tissue massage and pedicures.

Stewardess/Masseuse

M/Y Renegade 50m | March 2022 - October 2022

When I joined Renegade I rotated between all aspects of interior - laundry for crew and guest, crew mess duties, breakfast lunch and dinner service for up to 18 guests along with housekeeping in 5 cabins. In between daily duties on charter I performed multiple massage and spa treatments for guests whenever they required a treatment. The treatments mainly performed was Swedish massage, Deep tissue massage, Aromatherapy, Reflexology, Indian head massage, basic facials, body exfoliation and body wraps. I have also been provisioning for guest and 12 crew along with my chief stew and have gained good knowledge on inventory in all departments. I have been onboard Renegade for a short shipyard period at the very start of my contract, with interior renovations and refit. Off charter and boss on trips for 4 and a half months have continued since.

Student Therapist

CPTI Wellness Clinic | January 2018 - February 2022

Receiving clients upon arrival and performing skin analysis / take them through the spa and assist them in the changing area

- Working hands on with clients doing various treatments such as manicures, pedicures (cut, file, cuticles, foot-file, exfoliate, massage, paint) facials (basic to advanced), Lomi-Lomi massage, Indian head massage, Aromatherapy, Lymph drainage, Pregnancy massage, Sports massage, Swedish massage, Glass ball massage, Hot stone massage, Reflexology, facial, body and intimate waxing, body wraps and exfoliations, advanced chemical peels, micro needling, dermaplaning, electrotherapy (hydrafacial, LED therapy, Electrical muscle stimulation, Galvanic, Radio frequency)

- Liaising and advising clients on appropriate skin care regimes and product sales

- General housekeeping of the spa and personal cubicle



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Stewardess Training Course

Green to Gold Training | January 2022 (1 week course)

- Learning how to set up tables (breakfast, lunch and dinner)
- Detailing cabins and surrounds
- Flower arrangements
- Laundry folding and cleaning materials used and ironing
- Turn ups and turn downs
- Various styles of service
- Napkin folds
- Mixology and general bartending skills
- Polishing silver

Air Bnb Housekeeper

Balmoral Lodge | January -February 2022

- Service with breakfast and lunch
- Laundry duties - washing, ironing and folding of guest linen and clothes
- Housekeeping duties such as turn ups, turn downs and detailing
- Front of desk - taking bookings and welcoming guests
- Table set ups and set downs
- Breakfast preparation and clearing tables

Au Pair

Greentompson Family | June 2016 - Dec 2017

- Meal preparation for the children
- Collecting children from school and transporting them to extramural activities
- Assisting with laundry
- Ensuing homework is completed correctly
- Overseeing playtime
- Daily cleaning and monthly detailing of the house

Aesthetic Doctor Assistant

Cosmetic and Dental Emporium | January 2021 -February 2022

I had my own patients for advanced dermal treatments along with advanced body therapy.

- Setting up for surgery
- Prepping clients and aftercare
- Booking patients
- Daily laundry and cleaning of the practice area
- Managing patients

Additional Qualifications

Tertiary:

2017 - Cape Wine Academy
South African wine course
2018 - 2019: Camelot International:
Somatology Diploma
1st year: Somatology
2nd year: Somatology
Received Top Student of 2019 Award

2020 - 2021: Isa Carstens :
3rd year: Somatology
4th year: Advanced Dermal Aesthetics

ITEC & CIDESCO international beauty qualification for all 3 years of Somatology

Hobbies

Hiking
Health and fitness (strength training)
Charity work (out reaches)

References

Chief Stewardess M/Y Renegade | Kelly Anne Young | +33 7 49 71 90 17

Cosmetics and Dental Emporium | Dr Pierre Rossouw | +27 76 040 3521

Balmoral Lodge | Morne Albertyn | +27 83 799 8549

Head Stew Trainer | Claire Van Rooyen | +27 84 323 5100

CPTI Wellness Clinic Owner | Audrey Coetzee | +27 83 594 9254

Au Pair Job | Marcel Greenthompson | +27 82 807 6691

**THANK YOU SO MUCH FOR REVIEWING MY CV.
LOOKING FORWARD TO HEARING FROM YOU!**

Ludel Mouton