

**Christine L. Stites, LMT**  
**MA72369**

Port Charlotte, FL 33952  
609-820-4251  
Flyback70@gmail.com

## **PROFESSIONAL SUMMARY**

As an industry educator my intention is to offer the best education regarding vacuum therapies to Licensed Massage Therapists as well as other healthcare professionals. My experience and skills can be used to provide students with the information to properly inform clients and provide services safely to increase revenue and provide the highest standards of client/patient service in a professional environment. As a service provider, I offer the best possible services within my scope of practice and introduce modalities to better support the wellness of the community.

## **EXPERIENCE**

### **SELF-EMPLOYMENT**

#### **TACT: Therapeutic Active Cupping Techniques**

##### **Owner, Instructor**

Sept 2025- Present

- Developed the curriculum supporting the use of vacuum therapy techniques.
- Developed and continue to develop protocol to support the TACT curriculum.
- Research to stay current with any new information that could affect the curriculum or any individual protocol.
- Investigate conditions to determine the effectiveness of TACT as well as possible contraindications.
- Market the workshops to various schools for hosting.
- Facilitate workshops with hosting schools.
- Arrange travel and lodging.
- Provide potential students with knowledge to make an informed decision.
- Create the budget.
- Keep board memberships up to date.

**Chrissy Stites, LMT**  
**MA72369**

##### **Sole Proprietor**

Port Charlotte, FL

August 2013 - Present

## **Reconnect Wellness**

Voorhees, NJ

May 2001 - June 2013

- Provided a safe, clean space for fifteen team members that included LMTs, Yoga Instructors, Personal Trainers and Front Desk staff
- Active member of the Stratford Business Association
- Awarded Courier Post "One of the Best" Businesses 2005

## **INSTRUCTOR**

### **ACE TheraCupping**

Apr 2019 - July 2025

- Facilitate workshops: MediCupping Level 1 and Massage Cupping Level 1
- Attend conventions to promote workshops
- Administrative duties with the support of ACE Theracupping

### **Sarasota School of Massage Therapy**

Sarasota, Florida

Jun 2018 - Apr 2022 · 3 yrs 11 mos

- Followed curriculum provided by the Director of Education
- Prepared lesson plans for Pathology and Laws

### **National Massage Therapy Institute**

Turnersville, NJ

Apr 2002 - Apr 2004 · 2 yrs 1 mo

- Followed curriculum provided by the Director of Education
- Prepared lesson plans as per the standards of the facility
- Assisted the education trainer in arranging and proctoring CEUs
- Key Accomplishment: Successful graduation of four classes

## **Service Provider and Management**

### **Licensed Massage Therapist DEM**

#### **Max Health**

Lakewood Ranch/Sarasota, FL

June 2024-September 2024

- Provide massage services based on PT directive

### **Licensed Massage Therapist**

#### **Venice Spine and Disc**

Venice, FL

May 2024-Present

- Provide massage and cupping services as directed by Chiropractor

### **Lead Massage Therapist**

#### **Sunseeker Resorts**

Charlotte Harbor, FL

November 2023-May 2024

- Support a team of fifteen Licensed Massage Therapists, Estheticians, Hair Stylists and Nail Techs
- Support the opening of a new spa and fitness center on a new property

### **Spa Director**

#### **Symphony Massage**

Longboat Key, FL

February 2020-September 2023

- Oversee daily operations to ensure exceptional customer service
- Recruited, trained and developed team
- Managed inventory, point of sale, and marketing strategies
- Create service protocols to increase revenue and offer impeccable treatments for our guests
- Create and monitor budget and payroll

**Licensed Massage Therapist**

**Longboat Massage**

Longboat Key, FL

June 2018 - June 2019

- Provide massage therapy services for community and tourists
- Attend and create marketing events

**Licensed Massage Therapist**

**IMG Academy**

Bradenton, FL

Aug 2018 - Nov 2018

- Assisted in facilitating the opening of the IMG Hotel Spa
- Provide massage therapy services

**Licensed Massage Therapist**

**MassageLuxe**

Lakewood Ranch, FL

Mar 2018 - Aug 2018

- Provide massage therapy services
- Attend marketing events

**Health & Fitness Supervisor (Interim)**

**Horseshoe Bay Resort**

Horseshoe Bay, TX

Oct 2017 - Dec 2017

- Scheduling and facilitating USTA events
- Staff scheduling
- Opening and closing responsibilities
- Facilitate Thanksgiving Employee Turkey Trot

**Licensed Massage Therapist**

**BodyZone Fitness Center**

Key West, FL

July 2016 - October 2017

- Introduced cupping services to members
- Provide massage therapy services
- Attend charity and marketing events

**Spa Therapist Supervisor**  
**Remington Hotels Duval Collection**

Key West, FL

Jul 2015 - Aug 2016 ·

- Spa Therapist Supervisor for two locations, Top Spa and Pier House
- Proctored protocol and retail training sessions for two brands for a team of twenty
- Provided monthly training of protocol and retail revised protocol as necessary
- Served as MOD in the absence Spa Director

**Lead Massage Therapist/Personal Trainer**  
**The Gasparilla Inn & Club**

Boca Grande, FL

Aug 2013 - Jul 2015 ·

- MOD in absence of Spa Director
- Collaborate with multiple departments to ensure excellent guest activities and services
- Motivate team to increase revenue through retail sale and upselling
- Task Force Member for the FSA (Florida Spa Association)
- Organizing travel for vendor events on property
- Attending vendor and industry events

**ASSOCIATIONS**

ABMP 2002-2021

AMTA 2000-2002 & 2013-Present

NCBTMB 2013-2017

**APPROVED PROVIDER**

FL Board of Massage Therapy 20-1332499

NCBTMB #4024153

FSMTB: CRSID-0001538

**SYSTEMS**

Book4time, SpaSoft, MassageBook, SpaBooker, Square, Vagaro, ClinicSense, Jane, Agilysys, MindBody, Rapidmd, ChiroTouch

**EDUCATION**

- Sterling High School 1988 Diploma General Studies
- Omega Institute 2000 Certificate Therapeutic Massage
- Camden County College 2009 AS Dietary Technology/Personal Trainer
- Guest First Training 2013 Hospitality Management
- Multiple certifications 00-present Massage Therapy, MediCupping
- Leadership courses through Northwestern's Organizational Leadership Specialization

**SKILLS**

Management \* Fitness \* Body Contouring \* MediCupping \* Workshops \* Continuing Education \*  
New Business Development \* Spa \* Training \* Massage Therapy \* Team Building