

# **Grant W. Stephens, LMT**

FLA. LICENSE #: MA 70546 | NM LICENSE #: MT-2024-0034

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GrantStephens.MassageTherapy.com

## **Education**

**Massage Therapy Program** (2012) | Sunstate Academy, Clearwater, FL

**Bachelor of Arts, Art** (2005) | Florida Gulf Coast University, Fort Myers, FL

**Associate of Science, Fine Art** (2002) | Florida School of the Arts, St. Johns River Community College, Palatka, FL

## **Professional Experience**

**Massage Therapist** (Aug 2022 – Present) | Private Practice, Tampa Bay Area, FL

Provided massage services utilizing training in Anatomy and Physiology. Performed Swedish, Deep Tissue, Lymphatic Drainage, Cupping, Hydrotherapy, Stone, Light Therapy, and Aromatherapy. Managed session notes, record keeping, scheduling, bookkeeping, and marketing. Oversaw purchasing and inventory of materials, ensuring adherence to health and safety protocols. Designed and managed website: [grantstephens.massagetherapy.com](http://grantstephens.massagetherapy.com)

**Massage Therapist** (Oct 2012 – Aug 2022) | Hand and Stone Massage & Facial Spa, Palm Harbor, FL

Provided massage services utilizing training in Anatomy and Physiology. Performed relaxation, deep tissue, hot/cold stone, aromatherapy, CBD Oil, and hand and foot scrub treatments. Executed various spa-related duties throughout each shift.

## **Modalities Performed**

Swedish/Relaxation, Trigger Point Therapy, Sports/Fitness/Stretching, Aromatherapy, Stone Therapy, Reflexology, Cupping Therapy, Lymphatic Massage, Myofascial Release, Muscle Energy Technique, Chair Massage, Light Therapy.

## **Continuing Education**

Completed courses in Myofascial Release, Reflexology, Cupping Therapy, Aromatherapy, Sports Massage, Hot Stone Massage, Reiki, Deep Tissue, Stretching, and Spa Options.

**Freelance Photographer** (Dec 2005 – Jan 2012) | Ascension Images

**Commercial/Advertising Photographer** (Jan 2007 – Jan 2012) | St. Petersburg Times

Photographed commercial subjects for print advertising. Duties included image acquisition/transmission, file archiving, copywriting, proofreading, and minor editing.

**Sports Photographer and Writer** (Aug 2007 – Jul 2009) | LocalReplay.com

Photographed youth sports teams, managed webpages, and produced game previews/recaps.

**Photo Inspector** (Aug 2007 – Jul 2008) | Nations Real Estate Services, Pinellas & Pasco Co., FL

Photographed bank-owned properties for valuation. Duties included image acquisition/transmission, scheduling with realtors, travel within the upper Tampa Bay area.

### **Additional Experience**

**Arts and Entertainment Editor** (Aug 2002 – Aug 2003) | The Eagle, FGCU Student Newspaper

Covered arts and entertainment events at FGCU and surrounding areas.

**Staff Photographer** (Aug 2002 – Dec 2005) | FGCU Athletics Department

Photographed intercollegiate sports teams for web/print/advertising. Duties included photo editing/archiving, caption writing/editing, and other athletic department tasks.

**Assistant to Photographer/Author** (Oct 2003 – Oct 2006) | Connie Bransilver, Naples, FL

Assisted freelance and National Geographic photographer/writer. Duties included developing a photo archiving system, slide digitization, equipment maintenance, proofreading/editing published books, and general office duties.

Professional Affiliations: Insured by ABMP (Professional Level – Member ID 837190)

References Furnished Upon Request