

# JASMINE POWERS



## CONTACT

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## EDUCATION

Golden Gate University  
2000-2004 San Francisco, CA

BACHELORS OF SCIENCE DEGREE  
IN BUSINESS ADMINISTRATION

## LANGUAGES

Tagalog & Chinese  
Native  
Spanish  
Intermediate

## SKILLS

Leadership  
Mentoring  
Teamwork  
Excellent communication skills used in promoting the business both online and in person

## BUSINESS OWNER & FOUNDER

Skilled entrepreneur with 10+ years of experience owning and operating multiple businesses. Dedication and passion in helping the community through movement and wellness has been recognized with awards and amazing opportunities such as the Soroptomist Ruby Red Award (Awarded in Mar '21) for Women Helping Women, CRYOCON Guest Speaker (Feb '22), Collaboration with Toyota at Bottle Rock (May '22) and Outside Lands (Aug '22).

## EXPERIENCE

### j.POWERStudio

**BUSINESS OWNER/FOUNDER/IGF INSTRUCTOR-BENICIA, CA  
APRIL 2012 TO PRESENT**

PREMIER ONE-STOP WELLNESS SHOP OFFERING FITNESS, WELLNESS, NOURISH, BEAUTY AND EMPOWERMENT SERVICES. WE OFFER TOP-OF-THE-LINE COURSES - BARRE, POWERSPYN, POLE, YOGA, AERIAL, BUNGEE CLASSES, ETC.

### POWERS Cryo

**BUSINESS OWNER/FOUNDER/TECHNICIAN-BENICIA, CA  
OCTOBER 2020 TO PRESENT**

ALTERNATIVE AND HOLISTIC APPROACH TO WELLNESS OFFERING A VARIETY OF SERVICES:  
CRYOTHERAPY | CRYO AIR-TARGETED COLD AIR THERAPY | CRYOSKIN 4.0 | BALLANCER PRO | COMPRESSION THERAPY | LED THERAPY | OXYGEN BAR | INFRARED SAUNA | CUPPING/ MASSAGE THERAPY

### POWERS Tan

**BUSINESS OWNER/FOUNDER-BENICIA, CA  
AUGUST 2021 TO PRESENT**

MAINTAIN YOUR TAN WITH OUR 12 MINUTE TANNING SESSIONS.

- 500W HIGH-PRESSURE CLIENT-CONTROLLED FACIAL LAMPS.
- BUILT-IN AIR CONDITIONER FOR COOLING COMFORT.

### POWERS Cryo Green Valley

**BUSINESS OWNER/FOUNDER/TECHNICIAN-GREEN VALLEY, CA  
OCTOBER 2021 TO PRESENT**

ALTERNATIVE AND HOLISTIC APPROACH TO WELLNESS OFFERING ALL THE SAME SERVICES AS BENICIA LOCATION PLUS MORE:  
EMSHAPEWELL | DRY FLOAT THERAPY | DRY SALT THERAPY | RED LIGHT THERAPY | HYPERBARIC OXYGEN THERAPY

### POWERS Hydrate

**BUSINESS OWNER/FOUNDER-GREEN VALLEY, CA  
JUNE 2022 TO PRESENT**

IV AND INJECTION TREATMENTS ARE PACKED WITH VITAMINS AND NUTRIENTS TO REPLENISH YOUR BODY AND HELP YOU ACHIEVE YOUR BEST! INTRAVENOUS TREATMENTS ARE PROVIDED BY OUR LICENSED MEDICAL PROFESSIONALS WITHIN 60 MINUTES OR LESS.

## CURRENT LEASING

*Historic Arsenal Park*

### j.POWERStudio

Main Studio- 991 Lincoln St., Benicia 2200 sq.ft.  
Annex- 946 Tyler St Ste H, Benicia 3300 sq.ft.  
Aerial- 940 Tyler St Ste 30, Benicia 900 sq.ft.

### POWERS Tan

Annex- 946 Tyler St Ste H, Benicia 800 sq.ft.

### POWERS Cryo

390 Military East Ste B, Benicia 1200 sq.ft.

### POWERS Hydrate

Benicia TBD

*Wiseman Company Green Valley*

### POWERS Cryo GV

5140 Business Center Dr. Ste 101, Green Valley  
2400 sq. ft.

### POWERS Hydrate

5140 Business Center Dr. Ste 103, Green Valley  
1000 sq. ft.