

5 Things I wish I knew before starting in the Aesthetics industry

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Disclaimer

This course is intended for educational and informational purposes only and reflects professional experience and general industry practices.

It does not provide medical, legal, or business advice. Laws, regulations, scope of practice, and supervision requirements vary by location and individual circumstances. Participants are responsible for verifying and complying with all applicable laws, regulations, and professional standards within their jurisdiction.

Nothing in this course should be interpreted as instruction to practice outside your licensed scope or without appropriate training, supervision, and credentialing

5 things I wish someone told me

If you're reading this, it means you're curious, excited, and maybe even overwhelmed about entering the world of aesthetic medicine.

I've been where you are — full of questions, unsure where to start, and wishing someone would just give me the *real* roadmap.

This free guide combines:

- The basics no one explains
- The behind-the-scenes truths I wish I knew
- What to expect as a new injector
- How to build confidence even when the industry feels intimidating
- My personal experiences navigating a "grey" and often gatekept field

Let's dive in.



Gatekeeping is well known in this industry, find injectors you trust and can collaborate with!

How to Pick Legit Training (and Avoid Gatekeepers)

Choosing mentors without getting scammed, bullied, or intimidated.

This industry is filled with:

- overpriced trainings
- reps pushing agendas
- injectors gatekeeping knowledge

Here's how to choose a good trainer:

- ✓ They teach safety FIRST
- ✓ They explain anatomy clearly
- ✓ They allow hands-on practice
- ✓ They don't shame beginners
- ✓ They don't push you into buying their product line
- ✓ Their before/afters demonstrate **natural, ethical** work

Red flags:

- 🚩 "I can certify you in everything in one



day!"

- ▶ No hands-on practice
- ▶ Only using models the trainer selects
- ▶ No discussion on vascular occlusions
- ▶ They promise you'll be "an expert" immediately
- ▶ They shame beginners for asking questions

Training should empower you — not intimidate you.

Everyone thinks they'll land the perfect job. Reality check: almost no one does.

Most beginners start like this:

- bouncing between offices
- renting a room
- working under someone who micromanages
- selling retail they don't believe in
- being overwhelmed by reps
- dealing with toxic workplace culture

It's NORMAL.

Finding the right fit takes time, sometimes years.

You have two realistic options when starting out:

Option A : Work in someone else's practice

Pros:

- Learn fast



The people around you will break you or

- Built-in patient flow
- Support system

Cons:

- Clinic drama
- Being pushed to hit sales numbers
- Limited autonomy

Option B: Rent your own space / go solo

Pros:

- Freedom
- Your brand, your policies
- Choose your own products

Cons:

- Slow start
- You are responsible for everything
- Can be lonely

There is no perfect path.

There is only the path that fits your personality.

help you grow. Trust your gut!



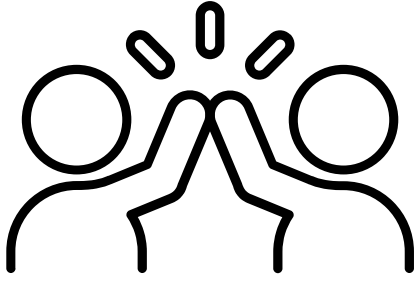
The Grey Areas & Hard Truths of Aesthetics

You deserve to know what you're walking into.

Aesthetics is a beautiful industry — but it also has a darker side.

Here's the truth:

- There is no universal standard
- Everyone has a "right" way they believe in



When we work together in this industry
we insure patient safety



- There is bullying
- There are cliques
- Some offices will underpay you
- Some injectors will try to scare you
- Some trainers will gatekeep intentionally
- Some reps prioritize sales over patient safety

But...

♥ There are also incredibly kind, ethical, generous injectors.

♥ There are providers who will take you under their wing.

♥ There are patients whose lives you will change.

And you can choose to be one of the good ones.

Building a Career You Love (Even as a Beginner)

Here's what matters more than anything:

- ✦ Being safe
- ✦ Honing your expertise
- ✦ Listening to patients
- ✦ Asking questions

Your Next Step

If you're serious about becoming an injector — or starting solo — I created this guide so you don't have to struggle alone.

My full course will teach you:

- how to start from scratch
- how to navigate the grey areas
- how to build your own space

- ✦ ongoing education
- ✦ Taking your time
- ✦ Delivering natural, honest results
- ✦ Being someone patients trust

If you commit to those qualities, you will build a reputation that no one can take from you.



Sincerely your friend,
Kristen Elizabeth, FNP-BC

- how to avoid predatory training
- how to build your brand
- how to get your first patients
- scripts, templates, checklists, and everything I wish someone handed me

You don't need a mentor in your town.

You need the RIGHT guidance and that's what I'm building for you. I am not promising you every answer but I am offering you and insight of what I have gone through, my struggles, and the basics I wish someone would have provided me.

