



HAPPY CLINICIAN

Meet Emma



@emmafoxaesthetics

The HAPPY INJECTORS CLUB is all about the amazing clinicians that choose to join the club, train with me and are happy to share their experience with others.

EVERY MONTH I WILL BE SHINING A SPOT LIGHT ON A SUPER HAPPY MEMBER TO HELP INSPIRE YOU ON YOUR JOURNEY.

HI EMMA, WHAT'S YOUR BACKGROUND ROLE?

I trained as a Registered Nurse in London in 2009. I qualified as a cardiology nurse in 2012 and I have since worked across a range of clinical settings both acute and non acute. I became a COVID-19 and Flu Vaccinator in 2021 and later progressed to Sister/Nurse in Charge.

HOW LONG HAVE YOU BEEN IN AESTHETICS?

I trained in aesthetics with the award-winning Cosmetic Courses back in 2020. This wasn't the best timing (!!) ... my first foundation course was one week before lockdown! I even left my starter kit at the Cosmetic Courses clinic in London, with the intention to collect it on my intermediate course a few days later, however that wasn't meant to be! The kit (along with my umbrella !) stayed at Cosmetic Courses for a full 8 months!!

... Due to the lockdowns, I had a bit of a stop, start beginning to my aesthetics career, which did impact greatly on my confidence as an injector. As my NHS work grew, with more opportunities, (coupled with ongoing restrictions), my aesthetics business sadly took a back seat. However, I always had a real passion for aesthetics and I wasn't going to let a virus get in the way of me and my career (!) so I enrolled in many refresher and bespoke courses (again all at Cosmetic Courses), I did numerous online courses, participated in study days and webinars and read countless books on anatomy to refresh and develop my skills.

WHAT'S YOUR CURRENT JOB MIX?

I am now throwing myself fully in to the exciting and dynamic world of aesthetics, with a focus on promoting skin health to all and building a successful business and skincare community. I offer skin rejuvenation injectables, chemical peels and facials, skin boosters, microneedling, mole mapping and cryotherapy. I have recently partnered with Noon Aesthetics for their skincare treatments rooted in science and have become an affiliate with BioNovu for their amazing home LED masks. BioNovu is founded by another Happy Injector member who is fab at what she does.

WHY DID YOU GO INTO AESTHETICS?

I always had a passion for skincare even from a young age. I remember reading Sugar and Just 17 magazines and loved reading the beauty sections. I always thought I would be a beauty journalist but it turns out I was destined for a more hands on, messier career! From about 11 or 12 I would do a skincare routine of cleansing toning and moisturising using Simple products. I would have them all lined up on my dressing table and would do this religiously every evening after school.



... When I became a nurse I loved the patient aspect of the role, talking to a wide cross section of the public, hearing stories and I loved the feeling of - making a difference. As cringey as that sounds, it is true. In my cardiology nurse role I enjoyed the health promotion aspect of the job, where we would counsel patients in a 1:1 setting on lifestyle changes, diet, stress etc following a MI. I quickly realised I was a good listener and a good communicator. I decided aesthetics could be a great area I could specialise in, to promote skin health and just as importantly, skin confidence. I also wanted a more flexible work schedule that would fit around me and my family. Aesthetics allows me the flexibility to be present with my family, while also giving me autonomy and fulfilment in my professional work.

WHAT'S YOUR FAVOURITE PART OR TREATMENT IN AESTHETICS AND WHY?

I enjoy all aspects of skin rejuvenation treatments especially when I have a patient who has a particular concern that I can help with and we can see the progress made in each appointment. I have a patient currently with hyper pigmentation, which has affected her confidence. We have seen a massive improvement with the treatments we have done already and it's really rewarding to help patients feel good about their skin.

WHERE DO YOU SEE YOUR AESTHETICS CAREER IN 5 YRS?

In five years, I would love to see myself running a thriving, skin-focused business with a strong community at its heart. I want to feel fulfilled and confident in my role, while supporting and mentoring others and continuing to grow. I would like to develop my skills in public speaking and leadership skills which I will hopefully have done in this time!



WHAT HAS BEEN YOUR BIGGEST ACHIEVEMENT SO FAR?

I could state notable concrete achievements but I think I am most proud of being a reliable voice for my patients, providing an inclusive space for all and respecting all. I am really passionate about science led skincare and how my approach will always be skin first, science always. I feel proud that I have done a full circle moment as prior to nursing I worked in television and now I am using social media as a great tool to market my business and to educate, inform and promote skin health. I recently partnered with the Map My Mole dermatology service. My patient was found to have a pre cancerous lesion and it was removed quickly. I was so proud that my skills and intervention helped my patient to seek the treatment she urgently required.

WHAT'S YOUR BEST PIECE OF ADVICE?

If you don't ask, you don't get. And keep going! Also - very important - check your skin! I run a monthly Skin Check Saturdays campaign across my social media that reminds you to check your skin. Our website also features a link on how to check your skin.

WHAT TRAINING COURSES HAVE YOU DONE WITH HAPPY INJECTORS CLUB?

Unfortunately I haven't completed any yet as I am based in Essex. But I love Manchester and I think a trip is calling my name soon!!

FINALLY... WHAT DOES BEING PART OF HAPPY INJECTORS CLUB MEAN TO YOU?

I just love this group. It is so supportive and not judgmental in the slightest. Working in aesthetics can feel extremely lonely when you have no one to bounce ideas off of or ask for advice. I love that I carry this amazing group of people around with me in my phone and can get support whenever I need it!!

If you haven't joined this group yet, you 100 percent need to.

