

# Profile

## Frances Furlong -

IN THE LIFE OF FRANCES FURLONG,  
RGN BSC HONS INP AESTHETIC  
NURSE CONSULTANT AND OWNER  
OF PERFECT SKIN.

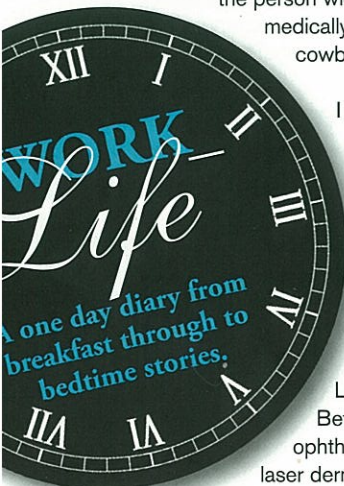
always up by 6.30am. But before I can think about breakfast, I have to get a toddler to get ready. Balancing being a mum and having a business is not easy. But I am lucky that my business allows for flexibility to spend time with my daughter Sophia. I am fortunate that I have never had to choose between my career and my daughter growing up. Once I have seen Sophia off to school, I head off to one of my eight clinics across Essex, Suffolk, Essex and Harley Street. Sharing my working week across a variety of different clinic ensures that no two days are the same. The types of treatments requested vary a remarkable amount dependent on the location. In the Knightsbridge clinic the majority of clients are for medical treatments, particularly for skin pigmentation disorders. Essex clientele tend to favour the more glamorous treatments, like lip plumping.

I arrive at that day's clinic at 9.30 and can often work right through the day until the evening. On a quiet day I will see around 12 clients, on a busier one the figure is closer to 25. Even with seeing up to 25 clients a day, Perfect Skin, my mobile practitioner business, has a waiting list of up to six weeks in some areas.

*Despite the waiting list, I still insist on providing all clients with a free 30 minute consultation before embarking on a treatment plan. I find this time is important to establish their medical history, their lifestyle and what they want or need to achieve. Working ethically is very important to me.*

I am passionate about regulating my industry. As a registered adult nurse with an honours degree in aesthetic medicine and having graduated from the University of Essex as an independent nurse practitioner, a title which grants me the same ability to prescribe as a doctor, I have the medical and ethical understanding to perform the treatments I offer safely and to the best effect. It is enlightening to think the same treatments can and are offered by qualified beauty therapists. I would always recommend anyone offering aesthetic treatments do their homework first and ensure the person wielding the needle is medically qualified and not a cowboy.

I have not always been a mobile practitioner. I qualified as a Registered Adult Nurse in 1999 from St Bartholomew's Hospital, London specialising in acute medicine within the NHS at The Royal London Hospital. Before moving into laser ophthalmology and then onto laser dermatology and aesthetics.



It was, however, the birth of Sophia that led me to create Perfect Skin. Realising that I didn't want to work up in The City six days a week, I spotted a gap in the market for people who wanted access to the very best in aesthetic treatments without having to travel into London. As let's face it taking the tube is the last thing you want to do post treatment, I decided to set up a service that did just that.

*Since then Perfect Skin has been more of a success than I could have possibly hoped for and I was particularly proud to come second last year in the first ever Aesthetic Awards in the Best Mobile Practitioner category. The achievement meant all the more as the award was in part voted for by my clients.*

The day ends with my husband-to-be Matt and I putting my daughter to bed. Reading a three year old a bed time story may not sound as luxurious as a hot bath or a glass of champagne, but I have to say it is the most relaxing and restorative treatment I have ever come across.



**PERFECT SKIN**  
by Frances Furlong

PLEASE ENQUIRE FOR A FREE CONSULTATION  
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