

# DR KRISTY KOSTALAS GP

**COSMETIC PHYSICIAN**  
**FRACGP**

**H**ow long have you owned Port Medical Aesthetics Clinic? I opened PMAC officially in 2019, as a side specialty from General Practice.

**Where did your passion for this industry come from?**

I've always had an interest for the aesthetic, and the more time I spent working in the industry, the greater my passion became. I realised that excellent aesthetic work requires a good hand and an even better eye, to allow patients subtle results that empower self confidence.

**What are you looking forward to in 2022?** The team of PMAC has been expanding the past 18 months, and I'm looking forward to continuing this expansion but also enriching the relationships of my current team. I'm so grateful to go to work each day and be surrounded by such amazing women.

**When it comes to goal setting within your business what measures do you put in place to help achieve them?** In all honesty the office is such a hive of activity and laughs, that it's only in the reflection that I realise just how much the business has grown, and all it has accomplished. I think the key to goal achievement is a team of motivated people who respect one another and work towards the betterment of each person's role, and the business just thrives along behind that!

**Tell us how you maintain a balanced work/play and home life?** Oh gosh, I dont know if anyone has the secret to true work/life balance. When I'm at work I try to be present 110%, and I apply the same philosophy with my three children and my husband. It's not so much about the balance as it is the presence, in my opinion.

**What advice would you give your 16-year-old self?** Be authentic, always. And own your own space. And never apologise for taking up more space if you want it!



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☎ 0421 253 025  
f @Port Medical Aesthetics Clinic  
@Dr\_Kristy\_Port\_Aesthetics