

DR KRISTY KOSTALAS

PORT + KEMPSEY MEDICAL
AESTHETICS CLINICS

What do you do? I am a GP/Cosmetic Doctor and split my time working at Port GP's, where I've worked for 9 years, and my own cosmetic clinic PMAC. I'm also a Mother to 3 rapidly growing up children and proud wife to my gastroenterologist hubby A/Prof Kostalas.

Why is your chosen industry your passion? I feel very grateful that I have found my passion in my work and I guess that stems from a deep-seated appreciation for the intersection of artistry and medicine. Every procedure, from dermal fillers to laser treatments, allows me to utilise my medical expertise in tandem with a keen aesthetic sense, resulting in transformative outcomes for my patients whilst working with a wonderful team of doctors, nurses and skin specialists. Beyond the physical changes, I have the privilege of witnessing the boost in self-esteem and confidence that accompanies our patients' journeys. I truly believe beauty is individual, and this needs to be appreciated and respected when working with our patients.

In the past few years I've become an industry leader in aesthetics, and talk and present frequently at conferences. The educational aspect keeps me interested and engaged, and up to date with the industry.

Your achievements? From a business perspective, I'd count among my achievements the success of PMAC. It

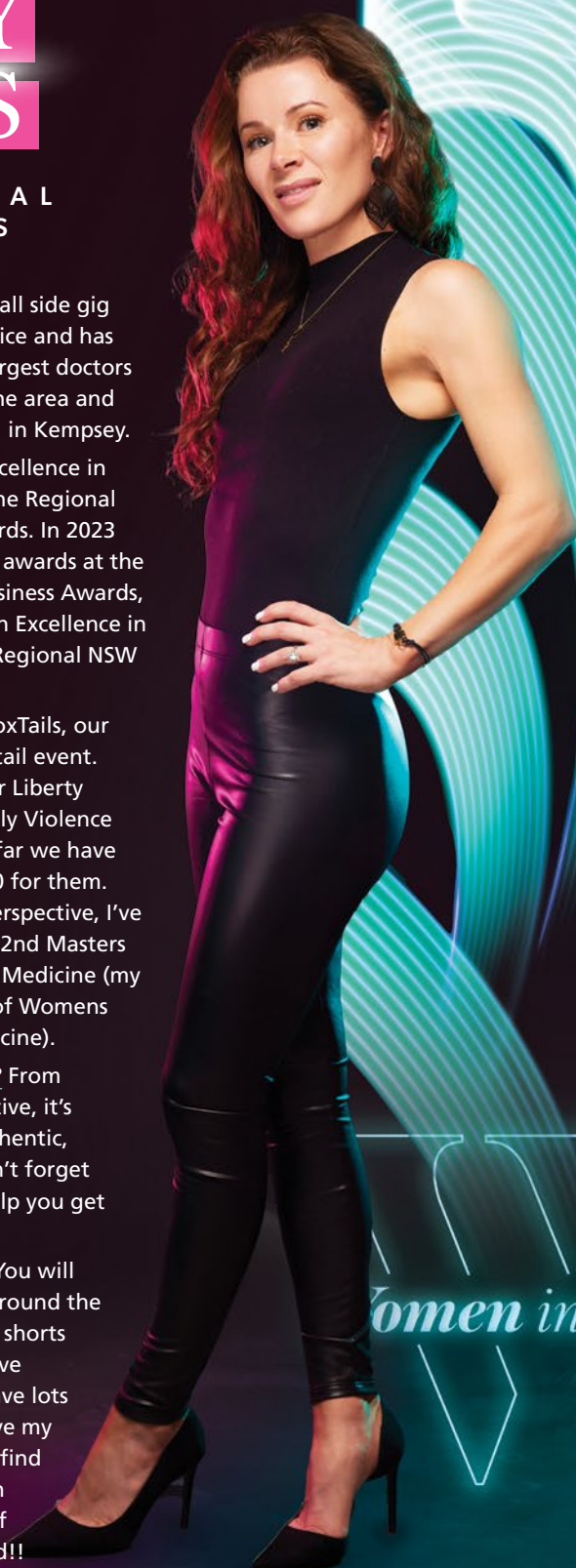
started out as a small side gig from general practice and has grown to be the largest doctors cosmetic clinic in the area and we've now opened in Kempsey.

In 2022 we won Excellence in Small Business at the Regional NSW Business Awards. In 2023 we won 4 business awards at the Port Macquarie Business Awards, and went on to win Excellence in Innovation at the Regional NSW Business Awards.

In 2022 I created ToxTails, our yearly charity cocktail event. We raise money for Liberty Domestic and Family Violence Specialists, and so far we have raised over \$75,000 for them. From a personal perspective, I've just completed my 2nd Masters Degree in Forensic Medicine (my 1st was a Masters of Womens Reproductive Medicine).

Words of Wisdom? From a business perspective, it's probably to be authentic, work hard and don't forget the people who help you get where you are.

Outside of work? You will find me slopping around the backyard in ripped shorts and dirty ugg. I love gardening and I have lots of plants, and I love my chickens! Or you'll find me with a coffee in hand on the side of the kids soccer field!!



Women in Business