



British Association of Cosmetic Nurses

BACN Blog

Alice Danker's Journey



*We love hearing stories from our wonderful members, and this piece from **Alice Danker** shows great insight into her journey from midwifery to medical aesthetics, and the importance of not working in isolation.*

Alice Danker is a regional leader for the North West and Yorkshire and is the founder of Vanity Beauty and Aesthetics (VanityHarrogate).

There are not many areas of nursing that I have left untouched. From general nursing, midwifery, and working in a special babies' unit to running a residential home for the elderly, I have tried many specialities before finding my ideal job in aesthetics. I am originally from Malaysia, but studied nursing in King's Lynn, East Anglia. Following this, I then worked in the areas of nursing that I mention above, eventually setting up a residential home for the elderly in Harrogate, Yorkshire in 1987.

I worked in that capacity for twelve years, but one morning I felt no joy left in me. It was sobering. I thought, "*I can't do this anymore.*" Something had to change.

I have always had a passion for beauty and in 1999 I began to close the business I had worked for for so long and decided to undertake a level 2, 3 and 4 qualification in beauty therapy.

In 1999, nurses were not really carrying out aesthetic treatments, and so I believed the next best thing was beauty therapy. I completed my training and then completed a teaching degree so I could also teach it to others. I lectured as an assessor and internal verifier with City and Guilds.

In 2003, when I saw a medical practitioner injecting dermal fillers in an exhibition area of a convention, I was intrigued. At first I thought to myself, "*I can't do that to people!*" It took me two years to pluck up the courage to train. In 2005, I trained with *Q-Med* (now *Galderma*) in dermal filler injections and it was the beginning of my career in aesthetics.

Having already opened a beauty business after closing down my residential home, I had the business acumen to include aesthetic treatments to Vanity Beauty and Aesthetics in Harrogate. Since then, I have ensured I continue to develop my skills and remain educated in order to keep practicing safety, something that really is of the utmost importance.

My commitment to education and excellence led me to become a member of the British Association of Cosmetic Nurses and, in 2012, I was asked if I could undertake the role of the regional lead for Yorkshire and Humber.

I believed that this opportunity came at the right time in my career, as I had recently given up teaching part time, and was able to commit more to responsibility. Additionally, I am a qualified Life Coach, which I felt had transferable skills for time management. Part of my role is to help organise local meetings in Harrogate, along with aiding BACN HQ with organising the larger regional meetings which are based in the North West.

The BACN are the champions for nurses in aesthetics. Without the BACN I don't think aesthetic nurses would be recognised as much as they are.

There is no need to be a lone practitioner anymore, and it really is not safe to work in isolation. As nurses, we are very good at sharing ideas and supporting each other so the BACN is an ideal association, as its core values are all about bringing together aesthetic nurses. It's a 'Win-Win' ideology; by sharing good practice we **all** win!

I am proud to be a member of the BACN and am thankful for its support and voice in the industry.

