Connecticut: the rules for aesthetic practice

What Connecticut's laws and boards say about who may do aesthetic treatments, who must supervise them, and who can own the practice.

Nurse practitioners: Full Practice Authority

Nurse practitioners

Full (AANP). The Board of Examiners for Nursing alone regulates NP licensure. An APRN practices in collaboration with a licensed physician for at least 3 years and 2,000 hours (licensed at least 3 years), then sends the Department of Public Health written notice before practicing without a collaborative agreement, keeps the proof for 3 years and produces it within 45 days of a request (C.G.S. §20-87a). After that the APRN may practice alone or in collaboration. 50 CE hours every 2 years.

Med spas

Any place other than a licensed health care facility that does cosmetic medical procedures (including neurotoxin and filler injections, chemical peels, dermaplaning, laser hair removal, laser resurfacing and IPL) must employ or contract with a physician, PA or APRN who actively practices in Connecticut and has formal training and experience in cosmetic procedures. Only physicians, PAs, APRNs and RNs may perform these procedures, and a physician, PA or APRN of the spa does an in-person physical assessment before each person's first procedure. Post the providers' names and specialties on site and on the website, include them (or the website) in ads, and give them to the client in writing before any procedure (C.G.S. §19a-903c).

Who can own the practice

Connecticut lets physicians form one professional corporation with APRNs, PAs or both (C.G.S. §33-182a(2)(D), §33-182c(b)); otherwise shareholders must be licensed for the same service. A medical spa must also employ or contract with a physician, PA or APRN (see Medical Spas). Whether a business owned by a non-physician may employ or contract physicians is not settled: no statute, board ruling or court decision on it was found. Confirm the entity type with a Connecticut healthcare attorney.

The biggest risk in Connecticut. Estheticians doing peels, dermaplaning or laser hair removal at a medical spa, or a first treatment without the in-person assessment.

Check it with your boards: Connecticut Board of Examiners for Nursing - portal.ct.gov/dph/public-health-hearing-office/board-of-examiners-for-nursing/board-of-examiners-for-nursing and Connecticut Medical Examining Board - portal.ct.gov/dph/public-health-hearing-office/connecticut-medical-examining-board/connecticut-medical-examining-board. Checked November 3, 2026. Rules change, so read the current rule on the board's own site before you act.

Ask S.A.G.E. next. S.A.G.E., our AI practice advisor, answers from this same Connecticut reference, free in your TMAA account, which you can set up at go.medicalaestheticsassociation.com/start-here. Try:

1. I'm an RN in Connecticut. What has to be in place before I offer injectables?
2. What must my medical director agreement cover in Connecticut?
3. What can an esthetician do in Connecticut, and what needs an order?

S.A.G.E. is not legal advice. For a binding answer, talk to a healthcare attorney in your state.