North Carolina: the rules for aesthetic practice

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

Nurse practitioners: Restricted Practice

Nurse practitioners

Restricted (AANP). Every NP practices under a collaborative practice agreement with a primary supervising physician licensed in North Carolina. The agreement is signed and dated by both, kept at each practice site, and reviewed at least yearly on a dated signature sheet (21 NCAC 32M .0110). A bill captioned "APRN Definitions" (S537, 2025) has sat in committee since March 2025 and is not law.

Delegating to RNs, estheticians and staff

No Board of Nursing statement on cosmetic injections was checked in November 2026. Ask the Board of Nursing before setting up RN injections.

Quality improvement

Monthly meetings between the NP and the primary supervising physician for the first 6 months, then at least every 6 months; signed, dated records kept 5 years (21 NCAC 32M .0110).

Who can own the practice

YES. The NC Medical Board says a business providing medical services must be owned by a Board licensee (a physician or a PA) under the Professional Corporations Act, and warns against "straw" ownership where a physician owns on paper but someone else controls the practice.

Owning a med spa

An NP can't own a medical services business alone. A professional corporation may combine a physician with NPs or a physician with PAs (N.C.G.S. §55B-14(c)).

The biggest risk in North Carolina. Ownership. An NP-run med spa with a physician owner on paper only is what the Medical Board calls a straw practice.

Check it with your boards: NC Board of Nursing - ncbon.com and NC Medical Board - ncmedboard.org. 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 North Carolina reference, free in your TMAA account, which you can set up at go.medicalaestheticsassociation.com/start-here. Try:

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