Texas: the rules for aesthetic practice

What Texas'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. A physician may delegate prescribing to an APRN "acting under adequate physician supervision" through a written prescriptive authority agreement (Tex. Occ. Code §157.0512).

Medical director or supervising physician

The prescriptive authority agreement must be written and signed, and list the drugs or devices, practice sites, a consultation and referral plan, an emergency plan, and a quality plan with chart review and documented meetings at least once a month (not necessarily face to face) (§157.0512(e)-(f)). A physician may have agreements with at most 7 APRNs and PAs combined, or their full-time equivalent, except in a practice serving a medically underserved population or a hospital facility-based practice (§157.0512(c)-(d)).

Delegating to RNs, estheticians and staff

Injections for cosmetic purposes and cosmetic use of prescription devices (including medical lasers) are the practice of medicine and must be delegated and supervised (22 TAC §169.25, in effect since January 9, 2025; the old Rule 193.17 is repealed). The delegating physician signs a written protocol and makes sure the person doing the procedure is trained; a physician, PA or APRN sets up the practitioner-patient relationship first and is on site or immediately available for emergencies; one person trained in basic life support must be present (22 TAC §169.26).

IV therapy

Elective IV therapy outside a physician's office or licensed facility may be ordered by a PA or APRN only under a prescriptive authority agreement, which counts toward the limit of 7 with no exceptions; RNs may give it under adequate physician supervision (Tex. Occ. Code Ch. 172, "Jenifer's Law", since September 1, 2025).

Who can own the practice

YES. A physician who directly or indirectly aids or abets the practice of medicine by an unlicensed person or corporation commits a prohibited practice (Tex. Occ. Code §164.052(a)(17)). That is why med spas not owned by a physician usually use a physician-owned professional entity plus a management company.

Owning a med spa

Check the entity type with your attorney. The common setup is a physician-owned professional entity for the medical services and a management company owned by the NP or investor.

The biggest risk in Texas. A physician who is a name on paper only is the main risk: the delegation rules require the physician's own written orders, training checks, and emergency availability.

Check it with your boards: Texas Board of Nursing - bon.texas.gov and Texas Medical Board - tmb.state.tx.us. 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 Texas reference, free in your TMAA account, which you can set up at go.medicalaestheticsassociation.com/start-here. Try:

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