

About the founder of Aquarius Health and Medispa, Dr Ingrid Tall

A cosmetic doctor and General Practitioner for nearly twenty years and a lover of Day Spas from family holidays in Europe with her German mother, mixing the two and bringing the international Cosmetic Medispa phenomenon to Brisbane was born.

Dr Tall's interest with cosmetic medicine began when she was a medical reporter for Channel 10 News as a young doctor in 1993 reporting on the new phenomenon of laser resurfacing for facial rejuvenation.

This propelled her into the cosmetic medicine arena which she combined with General Practice and her ongoing interest in medical journalism. In 1996 she obtained a Post-Graduate Diploma of Journalism from the *Qld University of Technology* graduating with Distinction.

Her broadcast journalism career spanned radio, television, internet and video mediums. As a medical journalist she co-hosted with pharmacist Geraldine Moses a weekly health and medical talkback program on Radio 4BC called *Radiotherapy* and she also contributed weekly health reports to ABC and Triple M. She continued her medical reporting as a medical journalist for Channel 7 News, in later years for Channel 9 News. In addition, Dr Tall has reported in a freelance capacity for Reuter, Today Tonight and the The Great South East, which later featured Aquarius Health and Medispa in April 2012. In 1999 she hosted Queensland-wide live satellite productions for Women's Health Queensland Wide, and Health Television Network corporate video production in 2000. She was Editor of 'GP Links' (Brisbane North Division of General Practice Newsletter) 2001 to 2002 and a freelance medical journalist writing for the national Doctors' Magazine Medical Observer from 1996 to 2001. In 2005 to 2006 she produced and hosted for Briz 31 Community Television 'Your Health with Dr Ingrid Tall' for national distribution.

Dr Ingrid Tall was a 1998 finalist in the *Executive Woman of the Year Awards* (Medical and Science Sector Category); a 1997 State Finalist in the MBF Television Health Media Awards; and was awarded the Vitae Lampada Medal in 2005 for 'Excellence in Medical and Health Education'.

She ended up on the other end of the microphone in June 2003 when she embarked on a Presidential term with the Queensland Branch of *The Australian Medical Association* at the age of 38, the youngest in its history. She was actively involved in various capacities, including Chair of the AMA Qld Public Health Working Party and member of the AMA Qld Ethics Committee.

During the course of her career, Dr Tall has actively participated in a wide variety of associations, committees and clubs. These include, the Brisbane North Division of General Practice Clinical Program Committee, the Zonta Women's Breakfast Club 1999-2001, Member Queensland Documentary Association 2000 and the Australian Medical Writer's Association [Vice-President Australian Medical Writers' Association (1998-1999) and Qld Representative Australian Medical Writers' Association (2001-2002)] and Queensland Women in Film and Television [Secretary Qld Women in Film and Television (WIFT) (1998)].

She is an accomplished competitive swimmer and competed in the US 5km National Postal Swimming Championship 30-34 age bracket gaining 3rd position and competed in the swimming team sector of the Noosa Triathlon (2001) and 'The Hell of the West' Goondiwindi Triathlon (2002).

Born in Wollongong and educated at *Brisbane Girls' Grammar School*, she obtained her Bachelor of Medicine and Surgery from the University of Queensland in 1988 and was officially registered as a Medical Practitioner on 13 December 1988. She was the Recipient of a Bursary from the German Government to attend for work and study for one month at Frankfurt University Hospital in 1987.

She completed the *Royal Australian College of General Practitioners' Training Course* between 1991 and 1996, while simultaneously obtaining a Post-Graduate Diploma of Journalism 1993—1996. In 1994, she obtained a Diploma of Women's Health. She was a 'School of Medical Journalism' Board Member at the University of Queensland from 1999 to 2001. She founded and co-conducted with General Major Professor John Pearn, a University of Queensland Course 'JOUR 7330 Medicine and Science Reporting' (Coordinator and Senior Lecturer University of Queensland in 'Health Communication' 2005).

She completed the doctor-patient communication training course ('Mastering Risk') by Cognitive Institute 2001 and in the same year, the Leadership Challenge Program at the Mater Institute of Leadership. From 2001 to 2002, she was a University of Queensland Centre of General Practice Medical Student PBL Teacher. She completed 'The Art of Documentary Making' Short Course at the 'Australian Film Television and Radio School' in Sydney in 2000 and later the Australian Film and Television Radio School Course in Radio Skills, 2002.

Dr Tall lives at East Brisbane in Queensland with life partner and four children.

She continues to attend regular cosmetic conferences and undergoes cosmetic training to keep abreast of the latest developments in Cosmetic Medicine. Her goal was for Aquarius and Cosmetic Image Clinics to win 'Best Medispa of Australasia' which she and her team achieved in October 2014.