



About Dr Rahma Targett FRACGP

FROM UNITED NATIONS MISSIONS
TO COSMETIC MEDICINE

Dr Targett, a Fellow of the Australian College of General Practitioners (FRACGP), has become known as an expert in restoring and highlighting her clients' unique features, using cosmetic enhancements to achieve beautiful, natural-looking results. But her journey into the world of cosmetic medicine took an adventurous path.

As a daughter of a diplomat, Dr Targett witnessed critical global issues from a young age and was determined to make a positive impact in the world. She discovered a profound passion for medicine early on and as a young adult she found her purpose: to work with the United Nations on a medical mission.

With her grit and determination paired with her academic qualifications and ability to speak English, Arabic, French, Malay and Tagalog, Dr Targett secured an international medical officer position.

She was first posted on a mission in Africa in war-torn Ethiopia and Eritrea. Following this assignment, Dr Targett was appointed as a regional medical officer responsible for six satellite clinics based in the Darfur region of western Sudan. To some, Darfur is an extreme example of the world's humanitarian crises, but to Dr Targett it was a chance to make the world a better place. She was also posted in East Timor as the deputy chief medical officer.

During this time, Dr Targett developed a passion for indigenous health and she and her young family

moved to Australia's Northern Territory, where she worked as a General Practitioner with the Central Australian Aboriginal Congress (CAAC). She also became aligned with the Royal Flying Doctor Service and worked on-call as a District Medical Officer with Remote Health.

In 2016, she founded Advanced Cosmetic Medicine in North Adelaide. There, Dr Targett offers cosmetic injectables, thread lift, hair regrowth, medically managed weight loss, skin rejuvenation treatments and skin cancer assessment.

With over 20 years of medical experience, Dr Targett's challenging and diverse experiences have armed her with a unique approach to treat her patients holistically. At Advanced Cosmetic Medicine, each treatment plan is customised to the patient's specific needs and concerns and her patients are fully involved in the decision-making process when choosing a treatment that meets their needs. Dr Targett has a deep understanding of beauty, and her goal is to help every patient rediscover their own natural beauty.

Dr Targett holds certificates in Advanced Dermatoscopy and Histopathology, Advanced Skin Cancer Surgery and Primary Care Dermatology; she is certified in Laser Therapy and has a diploma in Aesthetic Medicine. She is currently a member of the Cosmetic Physician College of Australasia (CPCA) and is also a designated Aviation Medical Examiner.