

HEALTHY,
BEAUTIFUL,
YOU

2024

Age Management & Aesthetics by Healthcare Express

ACHIEVE YOUR BEST SELF

Age Management & AESTHETICS

by **HealthCARE Express**

4401 CORPORATE DRIVE
TEXARKANA, TEXAS 75503
903-223-9911
www.AGEMANAGEMENTHCE.com



Henry J. Platt, MD

Services

- Hormone Replacement Therapy
- Medically Supervised Weight Loss
- Facial Aesthetics/Skincare
- Waxing
- Lash & Brow Services
- Body Sculpting
- FormaV & Vtone Vaginal Rejuvenation
- Pelvic Floor & Bladder Leakage Treatments
- Laser Hair Removal
- Botox® & Filler
- Candela Vbeam®
- Tone Electronic Muscle Stimulation
- Morpheus8
- Advanced facials such as
 - Microdermabrasion Facial,
 - ZO® Peel & Dermaplaning
 - Semaglutide—GLP-1

January Specials

- Tone Packages 50% Off
- Purchase \$250 ZO® Products Get Complimentary Signature Facial
- Filler 20% Off
- Candela Vbeam® Packages 40% Off
- Morpheus8 Mommy Makeover Package 25% Off
- Refer 3 People Get \$100 Gift Card

Who We Are

The Age Management & Aesthetics team unites leading minds in hormone replacement therapy, weight loss medications, and the latest in aesthetic innovation. Our team is committed to crafting transformative wellness experiences that go beyond skin deep. We believe that indulging in luxury should be a reality, not a distant dream. Our services are meticulously curated to embody opulence, ensuring every client experiences a lavish escape into wellness.



Dana McCrary
APRN

Why We Love Our Profession

We thrive on the excitement of continual learning, eagerly exploring new techniques and innovations to ensure our clients not only meet but exceed their wellness objectives. We love supporting our clients in looking and feeling their absolute best. In every treatment, in every interaction, we celebrate the uniqueness of every individual. Your journey to the best version of yourself is our most cherished adventure.



Rachel Stanley
APRN,
FNP-C

"Winter is your secret weapon! It's the perfect time to dive into multi-treatment services like Laser Hair Removal and Morpheus8 treatments. Why? The cozy winter vibe means less sun exposure for max results and you'll finish treatments before the warm weather season. So, embrace the chill, treat yourself, and step into the New Year shining bright!"

What Sets Us Apart

Age Management & Aesthetics by Healthcare Express isn't just a local gem; it's a destination drawing enthusiasts from Dallas to Little Rock. Our expert hormone specialists and medically supervised weight loss programs have become a beacon for those seeking comprehensive well-being. The mastery of our injectors, who are in high demand, have clients traveling to experience the subtle artistry they bring to every Botox® treatment. Moreover, our med spa has earned a reputation for providing affordable Morpheus8 treatments, making it a sought-after hub for those who desire cutting-edge innovation without compromise. It's a testament to our commitment to excellence that extends beyond locality, creating a haven where individuals from near and far embark on journeys to rediscover their best selves.

Prodigy Life

LIVE LIFE WELL



200 EAST BROAD
 TEXARKANA, ARKANSAS 71854
 210-860-3493
 www.PRODIGYLIFE.COM



YOGA THERAPY
 LIFE COACHING
 NUTRITION COACHING

—WE ACCEPT—
 SILVER SNEAKERS
 PRIME
 TRI-WEST

Grand Opening January 6TH

We will be giving away over \$2000 of gifts and prizes including memberships, sauna sessions, and gift baskets filled with Rowe Casa Organics, Incognito cosmetics, and Alley Cats gift cards. We will host tours of the facility and offer 10% off all services, memberships, and products.



"Don't try to dramatically change your life all at once Health is not a one size fits all approach. It takes time, determination, and discipline. Allow yourself grace, but set goals that are attainable!"

Who We Are

Founded by Jessica McCarty, Prodigy Life is a lifestyle center focused on helping YOU live your best, healthiest, most balanced life. When you walk into Prodigy you will notice you are welcomed with a sense of peace and serenity. Through the practice of faith-based prayer, mindfulness, meditation, and movement our ultimate goal is to help you forget about the constant, fast-paced world for an hour or two and learn how to create a sound mind, body and spirit.

Why We Love Our Profession

All of our coaches and instructors have experienced traumatic and life changing events which caused us to begin seeking ways to promote complete wellness in our own lives. Each of us come from different walks of life, but we all have one ultimate goal to LIVE LIFE WELL through being servant leaders and to share the love of Jesus Christ to everyone we encounter.

What Sets Us Apart

Instead of focusing on just one modality to wellness, we incorporate over 15 holistic modalities and have more than ten instructors and coaches to guide you.

You can even use our app to take classes anywhere on-demand, earn rewards for FREE sessions, and create a whole "spa" day with us!

Products

A full athleisure and sustainable shop featuring our own branded products like leggings, bras, and tops for any type of workout or on the go for men and women who love to dress comfortably.

Rowe Casa Organics
 BWG Herbal Teas
 Incognito Cosmetics
 Gifting Items

Specialties

Aerial Yoga
 Halotherapy
 Chromotherapy
 Aromatherapy

Redlight Therapy
 Infrared Therapy
 Sound Therapy
 Hot Yoga
 Yoga Therapy
 Life Coaching

Nutrition Coaching
 Barre Classes
 Pilates Classes
 Yoga Wall
 Trauma Sensitive
 Yoga

Yin Yoga
 Vinyasa Yoga
 Restorative Yoga
 Meditation
 Breath Work
 and Much More

LoneStar Health & Wellness

GREAT SKIN DOESN'T HAPPEN BY CHANCE. IT HAPPENS BY APPOINTMENT.



1724 GALLERIA OAKS
TEXARKANA, TEXAS 75503
903-306-0838

www.LONESTARHEALTHWELLNESS.com



Kaylie Stephens
ESTHETICIAN



"Consistency is key."

Specialties

- Skin Care
- Acne Specialist
- Facials
- Chemical Peels
- Dermaplaning
- Microneedling
- Lash Lift and Tint
- Brow Lamination
- Tinting and Waxing



Products

- Genius® RF Microneedling SkinPen
- ZO® Skin Medical Grade Skin Care
- Skinbetter Science Skin Care
- EltAMD
- PCA SkinCare
- SkinMedica Medical Grade Skin Care
- Revitalash

Who I Am

My name is Kaylie Stephens, I am 23 years old, a proud mother to Witten, my sweet four year old, and devoted wife to Gunner. My lifelong passion has been to empower others to feel beautiful and confident in their own skin. I love that I have been able to turn this passion into my career!

Why I Love My Profession

I love my profession and that it allows me to arrive to work each day with genuine enthusiasm and joy. It is incredibly fulfilling to witness my clients rediscover their confidence and reignite a spark within themselves that they may have overlooked.

What Sets Me Apart

I am driven by results while maintaining a strong commitment to ethics and personability.



LoneStar Health & Wellness

TEXARKANA NEVER LOOKED SO GOOD



1724 GALLERIA OAKS
 TEXARKANA, TEXAS 75503
 903-306-0838
 www.LONESTARHEALTHWELLNESS.COM



Services

Facial Aesthetics/Skincare
 Weight loss
 Hormone Therapy



Products

Allergan Products Portfolio-
 Botox®
 Juvederm® Collection of Fillers
 Kybella
 SkinVive Skin Booster
 Galderm Products Portfolio-
 Dysport®
 Restylane® Collection of Fillers
 Sculptra®
 Revance Aesthetics Portfolio
 RHA Collection of Fillers
 Daxxify NeuroToxin
 Genius® RF Microneedling
 SkinPen
 ZO® Skin Medical Grade Skin Care
 SkinBetter Science Skin Care
 EltaMD
 PCA SkinCare
 SkinMedica Medical Grade Skin Care
 Revitalash



Who We Are

Two busy mommas making Texarkana Look Good! Samantha Harris, owner of LoneStar Health & Wellness, loves boosting her patients' self-image and self-confidence. Samantha is married to a local physician, Dr. Jason Harris, and they have three children. She has a masters degree from Walden University.

Miranda Baugh has three children, and earned her masters degree from North Dakota State University. She also loves to make our clients look and feel their best! Both Samantha and Miranda have multiple advanced certifications, and master level aesthetic training with well known surgeons and aesthetic injectors.

Why We Love Our Profession

The LoneStar Health & Wellness team loves to make people feel amazing and be the best version of themselves. The entire team loves learning new techniques, and helping clients reach their goals of always looking and feeling their best.

What Sets Us Apart

Results! We pursue continuous education and training to bring the best results to our patients! We strive to offer up-to-date services and techniques. The LoneStar Health & Wellness team is personable, experienced, and here to service all of our patients.

Renew Integrated Medical Spa

EXPERIENCE IS THE DIFFERENCE



3939 TEXAS BLVD
TEXARKANA, TEXAS 75503
903-255-6398
WWW.RENEWMEDICALSPA.NET



"As we embark on a new year, one valuable tip we'd like to share with our cherished patients is the importance of setting achievable health and wellness goals. Begin by identifying specific, realistic objectives that align with your unique needs and aspirations. Whether it's enhancing your overall well-being, or exploring aesthetic treatments, crafting clear and attainable goals is the first step toward lasting positive change."

Specialties

Functional Medicine
& Aesthetic Services

Products

Bioidentical Pellet Hormone Therapy
Body Contouring: Warm Sculpting
Chemical Peels
Functional Medicine
Glo Skin Beauty Makeup
Health Coaching
HydraFacial
Laser Hair Removal
Medical Grade Skincare
(EltAMD, GRANDElash, Image,
Is Clinical, and SkinMedica)
Microneedling
Microdermabrasion
MixTO Fractional CO2 Laser
Neurotoxins
(Botox®, Dysport®, Xeomin®, Daxxify®)
PRP (Platelet-Rich Plasma)
ResurFX
(Non-Ablative Laser Rejuvenation)
RF Microneedling
Sexual Health
(O-Shot, P-Shot, Vaginal Rejuvenation)
SmoothGlo (RF Microneedling and IPL)
Thread Lift (Face, Neck, and Body)
Ultherapy®
VoluDerm (RF Microneedling)
Weight Loss Program
(Including Semaglutide)

Who We Are

Renew Integrated Medical Spa stands as the premiere health and wellness center in Texarkana, proudly serving the community for 15 years. As the longest-standing and most experienced medical spa in the region, we are committed to providing our patients with the latest and most advanced procedures and technology. Our comprehensive suite of services encompasses functional medicine (an approach to healthcare that focuses on identifying and addressing the root causes of illness), aesthetics (offering neurotoxins, fillers, and the latest lasers on the market), along with medical-grade skincare and makeup. At Renew Integrated Medical Spa, we are dedicated to enhancing your well-being and offering a range of services that cater to your health and rejuvenation needs.

Why We Love Our Profession

We are passionate about our profession at Renew Integrated Medical Spa because it allows us to establish genuine connections with our patients. This connection

enables us to provide them with valuable information and procedures that can significantly enhance patients' well-being and self-confidence. It's fulfilling to witness the positive impact we can make in their lives, fostering a sense of self-improvement and empowerment. Our dedication to functional medicine, aesthetics, and overall wellness drives us to continually strive for excellence in our practice, ensuring our patients receive the best care possible.

What Sets Us Apart

What sets Renew Integrated Medical Spa apart is our unmatched experience and long-standing presence in Texarkana. With a track record of excellence and 15 years of expertise in functional medicine, aesthetics, and overall wellness, we stand as the most experienced and trusted practice in the region. Our commitment to our patients goes beyond just providing services; we pride ourselves on being problem-solvers. No matter the challenge, we have the knowledge, skills, and resources to offer effective solutions tailored to each individual's needs.

Rowe Casa Organics

NATURAL PRODUCTS YOU CAN TRUST



NEW BOSTON, TEXAS 75570
www.ROWECASAORGANICS.COM



Our team is composed of tenured experts from a variety of professional backgrounds to give you the peace of mind that Rowe Casa Organics is your safe go-to expert within the health and wellness industry.

Specialties

Rowe Casa Organics provides natural, non-toxic solutions to help you and your family thrive.



Products

We have a selection of 250+ products that are carefully researched and formulated with your health, wellness, and safety in mind.

Who We Are

In 2017, sisters Jill and Alicia embarked on a mission to detoxify their lives. Frustrated by the lack of transparency and truly safe, effective options, Jill Rowe took matters into her own hands. She started by making her own Organic Elderberry Syrup, a natural remedy known for its immune-boosting properties.

Encouraged by the positive response, Jill began expanding her product range, creating more natural remedies and wellness products. The local demand continued to grow, leading to cars lined up at Jill's place of residence to pick up products.

Seeing the potential, Jill's husband, Kevin, and her sister and brother-in-law, Alicia and Mike Guzzardo, joined forces to establish Rowe Casa Organics. This began a journey of deep research, learning, and development. It was essential to this team that the properties and benefits of natural ingredients used were intently and thoroughly studied.

Every product is crafted with care and tested for effectiveness. Even as the business has exponentially grown, these foundational core values have remained central to their unwavering commitment to provide safe, natural, and effective products.

The heartbeat of this endeavor was to empower individuals to make informed decisions about their health and wellness by offering the option of trustworthy and high-quality products.

Today, Rowe Casa Organics continues to thrive, guided by the values of transparency, quality, and customer satisfaction.



Why We Love Our Profession

It is an absolute honor to play a role in the transformation of wellness journeys across the country and internationally. Jill and Alicia offer education and resources through social media outlets because they truly love and believe in the mission of Rowe Casa Organics to empower individuals to take control of their health and live their best lives. This heartbeat of Rowe Casa Organics expands beyond the products it offers. It has always been about our customers and encouraging them to take charge of their own wellness journeys.

What Sets Us Apart

We are on a mission to provide clean, non-toxic, high quality, and completely natural and effective products.

Our commitment to excellence...

- Handmade in Texas
- Ethically Sourced
- Third Party Tested
- 100% Customer Satisfaction

"It is never too late to take charge of your health and wellness. One small change at a time adds up to a huge impact. We're here to help support you along the way by providing natural products you need to thrive while offering free support, education, and resources."



4059 SUMMERHILL RD.
 TEXARKANA, TEXAS 75503
 903-908-4350
 WWW.EEFORME.INFO



Services

Our Energy Enhancement System (EESystem) can promote Improved Immune System, Increased Energy, Detoxification of the Body, Cell Regeneration, Reduction in Stress, Improved Circulation, Improved Quality of Sleep, Reduced Inflammation, Blood Pressure, Blood Sugar, Migraines, Healing from Surgeries, Balancing Right and Left Hemispheres of the Brain. This system plays a vital role in rejuvenating mitochondrial function, stimulating DNA repair, supporting cellular metabolism, and reducing oxidative stress.

Ark-La-Tex EEnergy Healing Center

WHAT IF YOU COULD REVERSE DISEASE & AGING WHILE YOU SLEEP?

Who We Are

My name is Tonja Hodde and my husband, Richard, and I have resided in the Texarkana area for close to 30 years. I am passionate about helping others reach their optimal health. As a child, I suffered from a rare form of "curable" muscular dystrophy and was passed around in the medical community for 17 years with multiple types of medications and treatments. Being trained by the best of the best doctors in nutrition, this knowledge has allowed me to help many people over the last 25 years with weight loss, weight gain, targeted nutrition, sports performance, and much more. We have a team of wellness coaches that are ready to help you achieve your optimal health.



"Trust your body, trust the science, trust the process."

What Sets Us Apart

Our EEnergy Healing Center is the only center in the Ark-La-Tex area that offers this Scalar Energy Healing technology. This stunning technology, developed over 30 years ago by Dr. Sandra Rose Michael, Ph.D. DNM, DCSJI, uses custom installed hardware to generate morphogenic quantum energy fields that can promote healing.



Janée Atkinson, DDS

4303 TEXAS BOULEVARD, SUITE 1
 TEXARKANA, TEXAS 75503
 903-792-0760
 WWW.JANEEATKINSONDDS.COM



Janée Atkinson, DDS

BOOST YOUR CONFIDENCE AND BRIGHTEN YOUR SMILE

Who I Am

I am an artist in smiles and facial beauty and have been a cosmetic dentist for over 25 years. I am married to Dr. Jeff Atkinson, a dentist from New Boston. We have two amazing children, Emily (23) and Kyle (19). I am on the board of The Center for Aesthetic and Restorative Dentistry (CARD) and a member of the Academy of Facial Esthetics (AAFE).

What Sets Us Apart

My staff is knowledgeable and kind. We treat our patients like family; relationships are important to us. I love to learn new things and still challenge myself everyday. We are in the business of service, everything from handling your dental insurance needs, scheduling

your appointments with our wonderful specialists, or simply just calling and checking on you after a procedure. Our vision is always to provide optimal dental/beauty care rendered in a friendly and professional setting where our patients feel well cared for.

Services

- Non-Surgical Gum Therapy
- Tooth Colored Fillings
- Dentures, Partials, Implants
- Root Canal Therapy
- Nitrous Oxide/Laughing Gas
- Facial Pain/TMJ Therapy
- Tooth Whitening/Veneers
- Invisalign
- Botox® and Fillers
- Full Mouth Reconstruction
- Emergencies Seen Same Day



4222 TEXAS BOULEVARD
 TEXARKANA, TEXAS 75503
 903-792-8351
 www.TEXARKANADENTIST.COM



Services

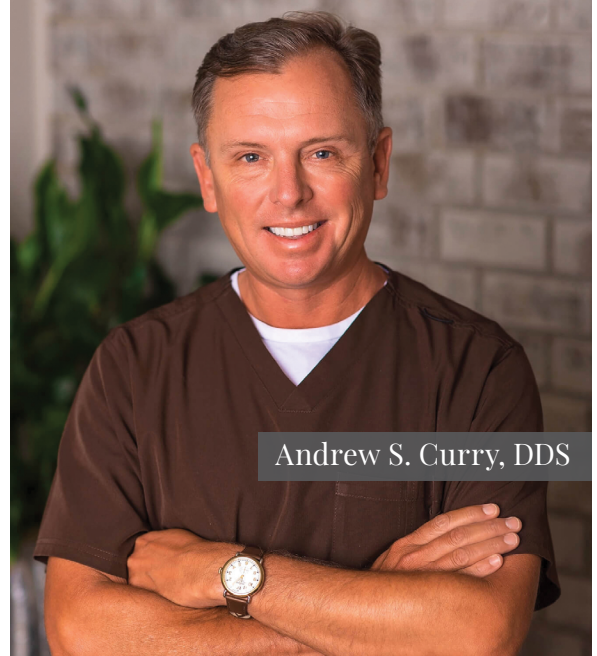
Dental Services for all ages—
 Cleanings, Crowns, Bridges,
 Fillings, Dentures, Dental Bonding,
 Tooth Reshaping, Contouring,
 Implant Crowns, Root Canals
 Cosmetic Dentistry
 ClearCorrect Braces
 Porcelain Veneers
 Sleep Apnea Treatment
 Zoom Whitening

Andrew S. Curry, DDS

TEXARKANA'S TOP RATED LOCAL DENTIST

Who We Are

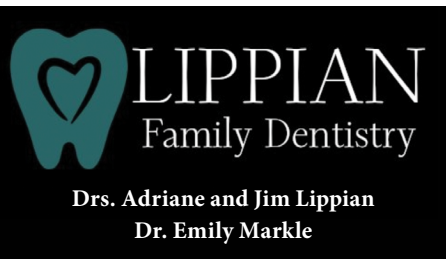
At Dr. Curry's office, our goal is to provide the highest level of patient care and dentistry in a relaxing environment. We offer the latest pioneering techniques in cosmetic dentistry, including teeth whitening, dental implant restorations, and more.



Andrew S. Curry, DDS

What Sets Us Apart

Dr. Andrew Curry's friendly, gentle manner has earned him the title of Best Dentist. We offer a wide range of dental services, including porcelain veneers, ClearCorrect braces, and sleep apnea treatment.



Drs. Adriane and Jim Lippian
Dr. Emily Markle

5220 GIBSON LANE
 TEXARKANA, TEXAS 75503
 903-793-6976
 www.LIPPIANFAMILYDENTISTRY.NET



Services

General, Cosmetic and Restorative Dentistry
 Patient Comfort and Technology
 Smile Makeovers
 Teeth Whitening
 Porcelain Veneers
 Dental Bonding
 Implants
 Dentures
 Partials

Lippian Family Dentistry

RECEIVE THE SMILE OF YOUR DREAMS!

Who We Are

Lippian Family Dentistry consists of a team of three dentists, six hygienists and other great team members who can help make dental appointments more comfortable and even fun. All of the team is cross-trained to provide you with the best service possible. Doctors Adriane and Jim Lippian decided they wanted to form a practice together early in their careers, and they felt Texarkana would be the ideal location for their growing practice. The team proudly provides a wide range of general, cosmetic, and restorative dentistry services to provide you with the healthy, beautiful smile you want and deserve.



with a comfortable experience at each appointment by forming personal relationships with you, offering a relaxed environment, and using innovative technology to make dental treatments gentler and more enjoyable.

What Sets Us Apart

We are dedicated to providing patients

TXK *Just Breathe* YOGA

2011 MALL DRIVE, #5
TEXARKANA, TEXAS 75503
903-748-3303
www.TXKYOGA.com



Jessica Gray

OWNER,
CERTIFIED
YOGA
TEACHER
AND
CERTIFIED
FITNESS
TRAINER

"If you're feeling overwhelmed, remember to just breathe. Let go for a moment and count to ten. Then take a deep breath, take stock, and start again."

TXK Yoga

TEXARKANA'S HOMETOWN YOGA STUDIO

Who I Am

Hi! My name is Jessica Gray. I wear many hats! Not only do I own TXK Yoga but I have been a hairstylist for 15 years. My husband and I have been married for 17 years. We have two teenage children and have lived in the twin cities for most of our lives. Texarkana is definitely home.

Why I Love My Profession

I have always been passionate about the beauty and wellness industry. Helping people feel good from the inside out is my mission. The yoga studio is much more of a ministry than a business to me. It blesses me daily.

What Sets Us Apart

At TXK Yoga you will feel kindness, acceptance, and encouragement

when you walk through the door. The camaraderie among the students, new and old, is fantastic. Each teacher has their own unique flair and twist, making each class special.

Come join the fun. There is definitely a place for you to unroll your mat at TXK Yoga.

Specialties

We offer a variety of yoga classes; Power, Intro to Power, Traditional, Vinyasa, Yin, Slow Flow, and Chair Yoga. Our classes are hot, warm, or cooled. We offer private classes for individuals and groups.

Products

Liforme Yoga Mats
Zum Products
TXK Yoga Merch
Various Yoga Props And Accessories

New Year, New You!

Connect with us
on social media so
you don't miss our
monthly specials!

FVR Young at Dermatology Associates
 @fvryoungatdermatologyassoc



- Medical and Surgical Dermatology
- Botox® & Dysport®
- Dermal Fillers
- BroadBand Light Laser Therapy
- Splendor X™ Laser Hair Removal
- Splendor X™ Vascular Treatments
- Hydrafacial® Treatments
- SkinPen Microneedling
- Customized Facial & Body Treatments for all Skincare Needs
- ZO® Medical Grade Skin Care

FOREVER YOUNG AT DERMATOLOGY ASSOCIATES

2011 Moores Lane • Texarkana, Texas 75503 • 903-792-2777 • 903-276-5665 • fvryoungatdermatologyassociates.com

WE HAVE
Weightloss Options
FOR THE NEW YEAR



HEALING DROPS
MOBILE IV INFUSIONS

biote®

- FACIALS
- NANO NEEDLING
- DERMAPLANING
- DIAMOND TIP
- MICRODERMABRASION/
HYDRODERMABRASION
- MEDICAL GRADE
CHEMICAL PEELS
- HYDROFACIAL
- VI PEEL
- MICRONEEDLING WITH PRP
- MICRONEEDLING WITH
PLATELET RICH FIBRIN
- RADIO FREQUENCY SKIN TIGHTENING
- CUSTOM HYDROJELLY
MASKS
- LASH LIFT, TINT
- EYEBROW TINT



ETERNAL BEAUTY
MEDICAL AESTHETICS AND DAY SPA

Gift Cards Available Online!



5510 Summerhill Road • Texarkana, TX 75503 • 903-278-9566
tksmith@eternalbeautytxarkana.com • www.eternalbeautytxarkana.com
HOURS: Monday-Friday 9:00 am-5:00 pm
(You may schedule an appointment Saturday, Sunday or after 5:00 pm as available.)

#eternalbeautytxk @eternalbeautytxarkana @eternal.beauty.ma