

HEALTHY, BEAUTIFUL, YOU

Your wellness journey is unique. Whether you are investing in preventative care, enhancing your appearance, optimizing your health from the inside out, or simply taking time for self-care, this section connects you with local providers who understand what matters most to you. Discover the resources available right here in our community to help you feel confident and thrive.

New Year Advice

2026 is the year to glow. Led by owner Samantha Harris, the team at LoneStar Aesthetics & Wellness shares their top beauty and wellness tips for starting the year strong.

Start with a consultation. Before any treatment, clients meet with experienced injectors who include Samantha Harris, Miranda Mikkelsen, and Amanda Ross to discuss their goals. A personalized plan ensures results that feel authentic to each individual. Invest in preventative care. Don't wait until fine lines deepen. Subtle treatments can help maintain a youthful glow and prevent future signs of aging. Layer skincare. Combine professional treatments with a solid at-home routine using LoneStar's premium product lines for maximum results.

Prioritize wellness from within. Consider hormone therapy, peptide therapy, and vitamin IV treatments to boost energy and radiance from the inside out. Schedule regular maintenance. Beauty is a journey, not a destination. Regular treatments keep results fresh and confidence high throughout the year.

Premium Products

Botox® & Daxxify® Neurotoxin
 RHA® Collection of Fillers
 Restylane® Collection of Fillers
 Sculptra®
 SkinPen® Microneedling
 Dysport®
 Xeomin®
 Kybella®
 SkinVive Skin Booster
 SkinBetter® Science Skincare
 ZO® Medical-Grade Skincare
 EltaMD® Sunscreens & Skincare
 PCA Skincare
 SkinMedica™ Medical-Grade Skincare
 Revitalash® Lash & Brow Care
 Revision Skincare
 Medical Weight loss
 Hormone Therapy
 Peptide Therapy
 Vitamin IV Therapy
 Hormone Therapy
 Peptide Therapy
 Vitamin IV Therapy
 LaseMD ULTRA laser

Specialties

At LoneStar Aesthetics & Wellness, the team specializes in beauty and wellness solutions designed to help clients achieve their most radiant selves. Services include injectables such as Botox® and fillers, facial aesthetics and skincare with professional treatments and premium skincare lines, anti-aging treatments for prevention and rejuvenation, wellness programs including hormone therapy, peptide therapy, and vitamin IV treatments, and personalized weight-loss plans.



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 TEXARKANA, TEXAS 75503
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www.LONESTARHEALTHWELLNESS.com



LoneStar Aesthetics & Wellness Injectors

photo by Cristi Hoyt





Elizabeth Jacobsen, Owner

New Year Advice

Filters may help for a photo, but skincare builds real results. Skincare is not a trend; it is a habit. Eternal's team helps clients build routines that deliver real, long-term benefits.

Expertise

Eternal Beauty Medical Aesthetics and Day Spa work with some of the safest and most advanced medical aesthetic technologies available. With more than eight years of experience, their team has refined techniques that deliver lasting, noticeable results. Their aesthetic approach is elevated and intentional, designed to help clients feel strong, confident, and empowered. When clients invest in themselves, it shows in their skin, their confidence, and in every room they walk into.

Premium Services

- Medically Managed Weight Loss
- IV Vitamin Therapy
- Botox®, Xeomin®, Dysport®, Daxxify®
- Dermal Fillers by Expert Injectors
- Luxury Facials
- Radio Frequency Microneedling
- Laser Skin Resurfacing
- The Best Laser Hair Removal
- Massages
- Coolsculpting
- Cool Tone
- Cold Plunge
- And Much More



5510 SUMMERHILL ROAD
TEXARKANA, TEXAS 75503
903-278-9566
www.ETERNALBEAUTYTEXARKANA.COM





The Eternal Beauty Crew



Jessica McCarty, Owner

New Year Specials

Now offering peptide therapy:
GLP-1 & GLP-1/GIP
Sermorelin
Glutathione
BPC-157/TB-500
NAD+
Tesamorelin/Ipamorelin

Sauna and class memberships start at \$149 per month with a \$100 application fee. Limited-time offer: Sign up December 26 through January 31 to enjoy discounted rates, including a \$26 application fee and \$26 for your first month. Twelve-month commitment required.

Expertise

Prodigy Life is a faith-based wellness studio focused on intentional, therapeutic movement and whole-person care. Through highly personalized training, they support individuals at every stage of their wellness journey, with an approach rooted in mind, body, and spiritual well-being. Their open studio concept and curated boutique create a calming environment where restoration, balance, and purpose come together.

Classes

Movement
Meditation
Sound Therapy
Life Coaching
Private Sessions

Halo IR Sauna



Halotherapy (salt therapy)
Red Light Therapy
Infrared



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





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 [renewintegratedmedicalspsa_](https://www.instagram.com/renewintegratedmedicalspsa_)

The Renew Team

New Year Advice

This year, those seeking total wellness should pursue care that addresses root causes—not just symptoms. Renew Integrated Medical Spa’s newly designated Center of Excellence in Face, Body, and Mind delivers a comprehensive, results-driven approach that blends advanced medical aesthetics with personalized wellness to support lasting transformation.

Begin with brain optimization through ExoMind, supporting mental clarity, focus, and emotional balance. This non-invasive neurostimulation therapy is designed to improve brain function influencing brain fog, anxiety, depression, emotional eating, attention challenges, and chronic pain—helping patients feel sharper, calmer, and more in control.

Enhance confidence with EmFace, a non-surgical facial rejuvenation treatment that improves muscle tone and skin quality for a refreshed, youthful appearance. For body transformation, EmSculpt Neo builds

lean muscle while reducing fat, making it an ideal complement for patients using GLP-1 therapies who want to preserve strength, improve body composition, and achieve balanced, sustainable results.

Finally, restore strength and function at the core with EmSella. This chair-based muscle stimulation treatment supports core stability, pelvic strength, and sexual wellness—enhancing everyday function and confidence without invasive procedures or downtime. EmSella care may be offered in collaboration with Restore Physical Therapy.

Together, these advanced technologies establish Renew as a destination for whole-body care—improving function, confidence, and overall well-being.

Expertise

Renew Integrated Medical Spa takes an evidence-based, individualized approach to wellness. Rather than masking concerns, our Center of Excellence in Face, Body, and Mind focuses on optimizing how

the body and brain function together. By blending advanced medical aesthetics with personalized wellness and functional medicine, patients not only look their best—they feel their best. Every experience is guided by expertise, intention, and a commitment to meaningful, lasting results.



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



New Year Advice

This year, prioritize your ocular health with these evidence-based recommendations. Schedule a comprehensive eye exam to detect refractive errors, eye diseases, and systemic conditions like diabetes and hypertension. Protect your eyes from UV radiation with quality sunglasses to prevent cataracts and support retinal health. Consistent preventive care is essential for long-term preservation of vision and ocular health.



300 EAST NEW BOSTON ROAD, SUITE E
NASH, TEXAS
903-741-7720
WWW.NASHEYECARE.COM



Dr. Jessica Trichel

New Year Advice

As a new year begins, what better time to invest in oneself? A healthy smile boosts confidence, improves quality of life, and impacts how one feels about themselves every single day. If someone has been living with missing teeth or uncomfortable dentures, 2026 is their year to make a change.

At Texarkana Denture & Implant Studio, Dr. Mark A. McCatty and his compassionate team specialize in transforming smiles through expert denture and implant care. They can help patients start the year with the confidence they deserve.



— TEXARKANA —
DENTURE & IMPLANT
— STUDIO —

5502 SUMMERHILL ROAD
TEXARKANA, TEXAS
903-403-4025
WWW.TXKDENTAL.COM



Dr. Mark McCatty and Team

Expertise

Texarkana Nutrition Consultants, led by registered dietitian Amanda Almand, provides personalized nutrition counseling for children, teens, and adults. They support a wide range of needs, including weight management, diabetes, heart health, pregnancy nutrition, oncology nutrition, and overall wellness. Using the MedGem indirect calorimetry test, they measure exactly how your body uses energy to create a plan tailored to you.

NEW YEAR SPECIAL: \$50 off indirect calorimetry testing (regularly \$125). Insurance does not cover this. Expires 02/01/26.



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TEXARKANA, ARKANSAS
870-703-4480



Amanda Almand, MS, RD, LD

New Year Advice

This year, focus on creating harmony between your mind, body, and spirit. Set aside time each day for movement, meditation, and mindful breathing to ground yourself and reduce stress. Remember, yoga isn't about perfection—it's about showing up for yourself, finding balance in the chaos, and embracing the journey toward inner peace. Let's flow into 2026 together, one pose at a time.

Specialties

We offer a variety of yoga classes in hot, warm, or cooled settings, along with pilates and private group or individual sessions.



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www.TXKYOGA.com



Jessica Gray, Owner