

SPA  
HYDRATION  
BEAUTY  
**SKIN**  
NATURE  
COSMETOLOGY  
AGING  
**BATH**  
BEAUTIFUL  
LOVE  
MAKEUP  
JOY  
CLEAN  
OIL  
PRETTY  
FOOD  
WELLBEING  
HEALTH **CARE**  
**CLEAN** SURGERY  
FITNESS



HEALTHY,  
BEAUTIFUL, YOU'

# BEAUTY AND WELLNESS CENTER

*Welcome to the Beautiful Life*

## BEAUTY & WELLNESS CENTER



5303 Cowhorn Creek Road  
Texarkana, Texas 75503  
903-831-5659  
TEXT 903-903-2885  
www.TexasBodySculpting.com



### SPECIALTIES

Cosmetic Surgeries—  
Suture Suspension Lifts,  
Liposuction, Scar Revisions,  
Mini Tummy Tucks  
Massages  
Facials  
Medical Weight Loss  
Photo Facials  
Fat Reduction  
Skin Toning and Tightening  
Events  
Fat Transfer



### PRODUCTS

DeU America Skin Care  
EPIONCE  
OBAGI Medical Skin Care  
FarmHouse Fresh (made in Texas)



### WHO WE ARE

The Beauty and Wellness Center (BWC) was created with you in mind! We want to help you not only maintain your health but improve it. We want to revitalize not only your skin but your life. Whatever your needs, the BWC offers a wide range of treatments to address them. From facials to body sculpting treatments, skin care therapies to cosmetic surgeries, our treatments can be combined with conventional medical care in order to achieve overall physical and mental health. We are committed healthcare professionals that want to make a difference for you!

### WHY WE LOVE OUR PROFESSION

They say that beauty is only skin deep but when you feel confident in how you look and feel, your beauty radiates from within. You are healthier! It is an amazing blessing to share in someone's wellness journey, whether it's about weight loss, better skin, reduced pain or whatever gives someone comfort and makes them feel better. The BWC is a 'feel good' place and we love our patients! It is an honor to do what we do.

*"Take care of you! We have all been through so much, both physically and emotionally. Have you considered the overall effect these past months have had on yourself or those you love? Negative emotions left unchecked are turned inwards and can lead to physical illness and discomfort in the body—not to mention weight gain. This year, celebrate 'Health' and 'Wellness!' We all have so much to be grateful for and this new year is an opportunity to get out, reach out and take better care of YOU!"*

**DR. DAVID WHITTEN**  
MD, PHD, FACEP

### WHAT SETS US APART

At the BWC, we see Beauty and Wellness as one. Every improvement in the way you feel and look will have a positive impact on your life. We are real people. We want to know our patient's names. Our office has a family atmosphere and in fact, we are a family run and owned business. We listen. We understand your needs and we cater to specific indulgences and requests through individual treatments, parties and events. We are all about a beautiful life, a healthy life. Allow us to welcome you with our genuine service and laid-back sophistication to our 'place set apart' from your everyday experience.

# ETERNAL BEAUTY MEDICAL

*Your trusted beauty experts*



5510 Summerhill Road  
 Texarkana, Texas 75503  
 903-278-9566

[www.eternalbeautytexarkana.com](http://www.eternalbeautytexarkana.com)



## SPECIALTY

Cosmetic Dermatology



## WHO I AM

I am Elizabeth Jacobsen, Nurse Practitioner and owner of Eternal Beauty Medical Aesthetics and Day Spa. I wanted to create a space that would induce feelings of wellbeing upon entering the door. I believe we have done that. High quality services and customer service are our highest priorities. Whether you are visiting for a relaxing spa day with a facial, steam and massage, or for a medical esthetic treatment, you will feel comforted and in safe hands.

## WHY I LOVE MY PROFESSION

I love this profession because of the artistry involved—including the design of the space, the artistry of the work that I do, the artistry of choreographing daily business, even down to the scent of the air. Every detail counts.

## WHAT SETS ME APART

I strive to practice the highest moral and business ethics and would say that I am able to pay very good attention to the finest of details.



**ELIZABETH JACOBSEN**  
 FAMILY NURSE PRACTITIONER

*"I don't care for the, 'New year, new you,' that we hear and read every year. I think we should focus a little more on ourselves throughout the year."*

## PRODUCTS

Neuromodulators such as Botox® and Dysport®  
 Dermal Fillers such as Juvéderm®, Restylane® and Radiesse®  
 Laser Treatments such as Hair Removal Skin Resurfacing and Tattoo Removal  
 PDO Thread Lifting  
 Cool Sculpting  
 Cool Tone  
 Scar Resurfacing  
 Potenza Radiofrequency  
 Microneedling

Radiofrequency Skin Tightening  
 Obagi and Epionce Medical Skin Care  
 Medically Assisted Weight Loss  
 BioTe® Hormone Replacement Therapy  
 Advanced Facials including Microneedling and Chemical Peels  
 Eyebrow Microblading  
 Female Sexual Health Packages with Vaginal Tightening and O-Shots  
 Luxury Spa and Water Therapy  
 Customizable IV Vitamin Infusions  
 Massages

# LAVENDER THORNE

*All-Natural Heath Products Made With Love*

## LAVENDER THORNE

1323 Spruce Street  
 Texarkana, Texas 75501  
 903-276-5580  
 www.lavenderthorne.com



### WHO I AM

I am a child of God, mother of three boys, loving wife, friend to all and stranger to none. I am a dedicated, hardworking, passionate, woman-owned and operated business owner and I absolutely love what I do. I fill any roles needed in the business, from taking out the trash to being the leader of the strong women of Lavender Thorne.

### WHY I LOVE MY PROFESSION

My job is rewarding because of the testimonials from our customers that our products have truly changed their lives. I love spreading the word of God, being hands on in the community and using my platform to help people around the world. I love natural products and essential oils! They have changed my family's lives. I have a history of miscarriages and I've experienced first hand what switching to natural can do for your health and ultimately your life. Several doctors told me my chances of ever having children were slim. Three boys later, I'm here to say, there is a way!

### WHAT SETS US APART

We use natural butters, oils, organic ingredients and therapeutic grade oils in all of our products. We balance family and work life. There have been many days or nights we have had to bring the kiddos to play in the warehouse while the mamas work. This isn't just a job with co-workers, it's a sisterhood of moms, daughters and best friends. We put scriptures on every product spreading the word of God in a creative way, planting seeds in homes, stores and individual lives. We pride ourselves on consistency. Customer service is at the forefront of our business. We strive to make



**CASSIDY LAVENDER**  
OWNER

*"It's never too late to clean up your lifestyle. Switching to natural and ditching false fragrance or medication can be a challenge. Start slow and educate yourself. There is a product for anything and everything in life. If you don't know where to start, we're here to help!"*



sure all our customers are happy. We know our customers by name and their favorite products. All recipes are formulated in house and tried and tested before hitting the shelves. We have wholesalers in every state in the United States plus overseas—Italy, France, Cayman Islands, Netherlands, Australia, Africa, Canada and more.

### SPECIALTY

Creating non-toxic wellness, home, baby and beauty products and whatever else our wonderful customers need.

### BEST SELLING PRODUCTS

- Elderberry Syrup (immunity booster syrup)
- Honey Dew (Healing Salve for eczema, psoriasis, cuts, burns, bites etc. it's called Honey Dew, because it literally does EVERYTHING)
- Body Polish (exfoliating bath scrub—will leave your skin feeling amazing from head to toe)
- Hair Growth (hair spray made to boost hair growth, re-growth and thickening)
- Dry Shampoo (hairstylists favorite powdered dry shampoo)
- Baby Wash (organic baby wash moms can feel comfortable using on their little ones)
- Stain Bye (stain spray that gets out even the toughest stains)
- Pure Joy (moisturizing facial serum)
- Relief (headache and migraine roller a true God send)
- The Cycle (cramps, fatigue, PMS symptoms, endometriosis, PCOS, etc., a woman's best friend)

# LONESTAR HEALTH AND WELLNESS

*Be Your Best Version*

## LONESTAR

HEALTH & WELLNESS

5520 Christus Drive, Suite A  
 Texarkana, Texas  
 903-306-0838  
 903-826-1010  
 lonestarhealthwellness.com



### SPECIALTY

Facial Aesthetics



### PRODUCTS

- Allergan Products Portfolio—  
 Botox®  
 Juvéderm® Collection of Fillers  
 Kybella
- Galderm Products Portfolio—  
 Dysport®  
 Restylane® Collection of Fillers  
 Sculptra®
- Genius® RF Microneedling  
 SkinPen
- ZO® Skin Medical Grade Skin Care  
 SkinMedica Medical Grade Skin Care



**SAMANTHA HARRIS**  
 OWNER, MSN, APRN, FNP-C

**MIRANDA BAUGH**  
 MSN, APRN, FNP-C

*"Time continues on, and as 2022 begins, consider setting some skin care goals for the new year. New Year, Same You... Only Better."*

### WHO WE ARE

Samantha Harris, owner of Lonestar Health and Wellness opened in November 2019. Samantha is married to local physician Jason Harris and they have three children. She has a masters degree from Walden University, multiple advanced certifications and master level aesthetic training.

Miranda Baugh is married to local physician John Baugh and they have three children. She has a masters degree from North Dakota State University.

### WHY WE LOVE OUR PROFESSION

The Lonestar Health and Wellness team love to make people feel amazing and be the best version of themselves. Samantha loves learning new techniques, the science and the why behind it. That is why education is so important to her. Miranda has like minded goals to help

the Lonestar clientele look and feel their best. She is overjoyed to join Lonestar Health and Wellness' growing team.

### WHAT SETS US APART

Results! Word of mouth has truly made our business as successful as it has been! Samantha is very personable, has conversations with all her patients before any procedure and discusses goals and expectations. She is very precise with her work, and all her clients know that! In terms of Lonestar Health and Wellness, it's the combined education and experience they offer. Samantha is a master injector in Botox® and fillers. Miranda has been an injector for 5+ years; combined Samantha and Miranda have over 22 years of experience as nurse practitioners.

# RENEW INTEGRATED MEDICAL SPA

*Wellness from the Inside Out*



3939 Texas Boulevard  
Texarkana, Texas 75503  
903-255-6398  
www.renewmedicalspa.net



## SPECIALTY

Aesthetics, Functional Integrative and Anti-Aging Medicine

## AESTHETIC SERVICES

Botox®/Dysport®/Dermal Fillers  
Laser Hair Removal  
SculpSure® Body Sculpting  
Ultherapy  
Pellevé/PelleFirm  
Facials/Chemical Peels  
HydraFacials  
Microdermabrasion  
Dermaplaning/Microneedling  
Medical Grade Skincare and Makeup  
Multiple State-of-the-Art Medical Grade Lasers

## HEALTH & WELLNESS SERVICES

Functional Medicine  
Disease Identifying Labs  
BioTE® Hormone Replacement Therapy  
V-Lase® Vaginal Rejuvenation  
PRP Intimacy Enhancement  
IV Nutritional Therapy  
Nutrition and Weight Loss Coaching  
Lifestyle Coaching and Intimacy Coaching

## WHO I AM

I am, in a nut shell, a resource and an educator to help people see their power in managing their life and health. I want to provide information that is new, that can really have an effect on a patient's sense of well-being and vitality. I am a believer in hope, health and healing from the inside out.

## WHY I LOVE MY PROFESSION

I love that I am able to uniquely impact so many aspects of my patients' lives. I take a natural and integrative approach to both health and beauty for every patient. With healthcare and functional/aesthetic medicine all moving in an innovative direction, I love being ahead of the curve for my patients.

## WHAT SETS ME APART

I am currently the only Institute of Functional Medicine Certified Practitioner in the Greater Texarkana Area. I am proud to say that ReNew is the longest running and most experienced aesthetic practice in the area as well! I understand how important the correlation between feeling your best and looking your best is, and I am able to educate my patients on this. More than anything, our level and desire to stay educated on the leading edge of technologies, techniques and procedures sets us apart.



**THERESA FONTENOT**  
PA-C, ABAAHP, DFAAPA, IFMCP

*"Small changes in your daily habits can make a huge change in your health! Become the expert in your own health this year by simple changes."*





3423 New Boston Road  
 Texarkana, Texas 75501  
 210-860-3493  
 prodigyoga.com  
 shop.prodigyoga.com



**JESSICA MCCARTY,**  
 B.A.A.S, R-YFMT, R-CYT, R-TSYF, OWNER

*"Start with small goals in mind—  
 transformation does not happen overnight."*

# PRODIGY YOGA

*Breath of Life*

## WHO I AM

I am a daughter of the King, I am mom to two boys, Maddox 8, Maxwell 2 and wife to Kevin. I am intelligent, but distracted. I am a hard worker who has a dream. I am passionate about the things I love.

## WHY I LOVE MY PROFESSION

I love that I get to teach others how to use movement, breath and meditation to better their relationship with Christ and to heal!

## WHAT SETS US APART

I get to combine my love for fashion and shopping with yoga and Jesus! Our studio is set apart to be a safe place of prayer and meditation at any time. You walk in and immediately feel a sense of peace.

## SPECIALTIES

We specialize in Trauma Sensitive Yoga taught from a Christian Perspective.

We also provide a variety of group classes—YogaFaith Sculpt, Senior Yoga, Meditation, Breathwork, Yogic Sleep, Restorative Yoga, Yin Yoga, and much more.

## PRODUCTS

Our boutique features athleisure wear geared to keep you feeling comfy and cute. We carry sizes XS-3XL.



2011 Mall Drive, #5  
 Texarkana, Texas 75503  
 903-748-3303  
 www.txkyoga.com



**JESSICA GRAY**  
 OWNER, CERTIFIED YOGA TEACHER  
 AND CERTIFIED FITNESS TRAINER

*"Try each day to become a better version  
 of yourself—mind, body, and soul."*

# TEXARKANA YOGA

*Texarkana's hometown yoga studio*

## WHY I LOVE MY PROFESSION

Yoga is so much more than just an exercise or stretch. Community is built with yoga. I am given the chance to support, uplift, and love people. I also love how yoga makes us feel. There are so many benefits of yoga: stress relief, aids in protection of injury in sports, improves respiration, strengthens and tones muscles, increases flexibility, and that just to name a few. So, what's not to love?

## WHAT SETS US APART

At TXK Yoga you will feel kindness, acceptance, and encouragement. We are genuinely excited to see each person walk through the door.

## SPECIALTIES

We offer a wide range of classes, and temperatures—hot, warm and cool. Different styles of yoga—Power, Traditional, Slow Flow, Yin and Thai



## PRODUCTS

Liforme and Manduka Yoga Mats  
 Yoga Props  
 TXK Yoga Merchandise  
 Zum Products and various gift items