



HEALTHY,
BEAUTIFUL, YOU'

THE 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
TexasBodySculpting.Com



REAL PATIENTS. REAL RESULTS.

WHO WE ARE

Ten years ago, the Beauty and Wellness Center 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 options 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 health care professionals who 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's an amazing blessing to share in someone's wellness journey, whether it's about weight loss, a suture suspension lift, better skin, reduced pain or whatever gives someone comfort and makes them feel better. "I feel like myself again." This is a statement we often hear patients share. The BWC is a 'feel good' place and we love our patients! It's an honor to do what we do.

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 patients' 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, healthy life. Allow us to welcome you with our genuine service and laid-back sophistication to our 'place set apart' from your everyday experience.

DR. DAVID WHITTEN, MD, PHD, FACEP

Dr. Whitten is a practicing physician who is also an internationally published Scientist and University Professor. He has multiple articles published in peer reviewed scientific literature. He has taught physiology to medical, dental, nursing, graduate, and pharmacy students at the University of California in San Francisco and has served as National Faculty in Ultrasound for the American College of Emergency Physicians. He has also been a featured guest on TV and radio, including Good Morning America, The Today Show with Katy Couric, Maury Povich, Larry King Live and others. He was an invited speaker at international symposia in Sarasota Florida and in Adelaide, Australia as a guest of the Australian government."

SPECIALTIES

COSMETIC SURGERIES

- Suture Suspension Lifts
- Breast Reduction
- Liposuction
- Scar Revision
- Mini Tummy Tuck
- Fat Transfers

MED SPA TREATMENTS

- Massages
- Facials
- Medical Weight Loss
- Cellulite Reduction and Slimming
- Skin Toning and Tightening
- Varicose/Spider Vein Removal
- Botox® and Facial Fillers
- Laser Hair Removal and Brow Waxing



PRODUCTS

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

EAGLE DENTAL CENTER

Excellence in... Treatment, Care, Service, and Commitment



4009 Moores Lane
 Texarkana, Texas 75503
 903-794-9974
 www.eagledentaltxk.com



SPECIALTIES

DENTAL SERVICES INCLUDE:

- Implant Placement
- Crowns and Bridges
- Sure Smile Orthodontic Aligners
- Dentures and Partial Dentures
- Nitrous Oxide and Level 1 Sedation
- Surgical Procedures and Extractions
- Root Canal Therapy
- Teeth Cleaning and Whitening
- Hygiene and Gum Treatment

WHO WE ARE

Eagle Dental Center is a full service dental office. We take care of all your dental health needs and issues and always strive for excellence in treatment, compassionate care, service, and commitment. This includes referral to the proper specialist for treatment if needed. If you have been looking for a professional dental team who will take care of your needs and will listen to your dental concerns, you have found the right place at Eagle Dental Center. We are dedicated to providing you with the comfort and well-being that you deserve. Our team wants to make certain your visits and experiences are



"While improving your physical health is likely part of your New Year resolution, do not forget to include oral health! Your oral health plays a major role in your overall health. Poor oral hygiene can contribute to a number of systemic health problems, including, congestive heart disease and diabetes. The doctors and staff at Eagle Dental are not only here to get your smile back on track, but your overall health, as well. Call to schedule a visit with our hygienists and doctors to help you reach your goal!"



pleasant. We understand your smile is one of your biggest assets. At Eagle Dental Center, we proudly serve patients in the entire four states area!

- DENTISTS:
- Todd Hegmann, DDS
 - Robert Levine, DDS
 - Mark Looney, DDS
 - Punit Patel, DDS
 - Chad Patterson, DDS

WHAT SETS US APART

Our staff is dedicated to making your experience at Eagle Dental the best it can possibly be. You will be greeted with a smile from everyone you meet. Our goal is to make you feel less stressed and more comfortable when going to the dentist. We aim to give you an amazing and healthy smile that will last a lifetime.

ETERNAL BEAUTY MEDICAL

Your Trusted Beauty Experts



WHO I AM

I am Amanda Ross, Family Nurse Practitioner, a medical provider, and cosmetic injector at Eternal Beauty Medical Aesthetics and Day Spa. I have been with Eternal Beauty for two years. I previously worked as an urgent care Nurse Practitioner, and previously, was an ICU and GI RN. My husband and I have been married for 19 years, and have three kids, Rafe, Ava, and Cora. My husband, Jonny, is owner of Peak Fighting, an MMA promotion company. We have always been hard workers, and try to instill that trait into our kids. I cannot wait to see what impact my kids have on our world in the future. A little tidbit about me: I am a shoe fanatic! My clients know me for my crazy, blingy, and colorful shoes! I am a quiet and shy person, so my shoes help me express my personality.

WHY I LOVE MY PROFESSION

I love making people feel better about themselves, and I love seeing their smiles after their procedures. I am a skin care and vitamin junkie, so I love sharing my skincare regimen and secrets with people, not only to help their skin look better, but also to make them feel better. When a person feels good, they express that on the outside, and when you feel good about yourself and how you look, it projects into your personality. I feel my ICU and GI nursing experience really gives me the experience and knowledge to teach my clients how to improve their well being and skin from the inside out.

WHAT SETS ME APART

Attention to detail! I am very meticulous with my work. No two people are the same, therefore, each treatment is different and catered to that particular person. I am a forever learner! Just because I have graduated from school and hold certifications, it doesn't end there. At Eternal Beauty Medical Aesthetics and Day Spa, we do extensive one-on-one trainings with product educators, plus we attend stream line and comprehensive classes and work shops multiple times a year, so we can bring the newest and greatest techniques and products to our clients.



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

www.eternalbeautytexarkana.com



SPECIALTY

Cosmetic Dermatology

PRODUCTS

Neuromodulators such as Botox®, Xeomin®, and Dysport®
 Dermal Fillers such as Restylane®, Juvederm®, RHA®, Radiesse®, and Sculptra®
 Laser Treatments such as Scar Revision, Hair Removal, Tattoo Removal, Skin Resurfacing, and Sun Spot Removal
 PDO Thread Lifting
 QWO Cellulite Treatment
 Cool Sculpting and Cool Tone
 Medically Assisted Weight Loss
 Potenza™ Radiofrequency Microneedling

Radiofrequency Skin Tightening
 Obagi and Epionce medical skin care
 BioTe Hormone Replacement Therapy
 Advanced facials such as Hydrafacial, chemical peels, microneedling, and dermaplaning
 Female Sexual Health, such as Vaginal Tightening and O-shots
 Customizable IV Vitamin Infusions
 Massages
 Luxury Spa Water Therapy with Sauna, Hot Tub, and Zero Gravity Float Pod

LAVENDER THORNE

All-Natural Heath Products Made With Love

LAVENDER THORNE

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



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 (the 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)

WHO I AM

I am a child of God, mother of three boys, loving wife, friend to all, stranger to none, woman-owned and operated business owner. I am a dedicated, hardworking, passionate 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 saying 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 mine and 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 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 sure all of our customers are happy.



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!"



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.

LONESTAR HEALTH AND WELLNESS

Texarkana Never Looked So Good

LONESTAR HEALTH & WELLNESS

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



SAMANTHA HARRIS
OWNER, MSN, APRN, FNP-C

MIRANDA BAUGH
MSN, APRN, FNP-C

"Always wear your sunscreen!"

SERVICES

Facial Aesthetics/Skincare
Medical Weightloss
Hormone Replacement Therapy



PRODUCTS

Allergan Products Portfolio—
Botox®
Juvederm® Collection of Fillers
Kybella
Galderm Products Portfolio—
Dysport®
Restylane® Collection of Fillers
Sculptra®
RHA line of Fillers
Genius® RF Microneedling
SkinPen
ZO® Skin Medical Grade Skin Care
SkinMedica Medical Grade Skin Care
SkinBetter Science Skin Care
PCA Skin Care
Evexipel® Pellet Therapy
PRF and EZ Gel
UpNeeq® Eye Drops
Daxxify Coming Soon

WHO WE ARE

Two busy mommas making Texarkana Look Good!

Samantha Harris, owner of Lonestar Health and Wellness, loves boosting her patients' self-image and self confidence. Samantha is married to local physician Dr. 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 Dr. John Baugh and they have three children. She has a masters degree from North Dakota State University, and multiple advanced certifications, and master level aesthetic training.

WHY WE LOVE OUR PROFESSION

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

WHAT SETS US APART

Results! 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 and Wellness team is personable, experienced, and here to service all of our patients.

Age Management & AESTHETICS

by HealthCARE Express

4401 Corporate Drive
 Texarkana, Texas 75503
 903-223-9911
 AgeManagementHCE.com



SERVICES

Hormone Replacement Therapy
 Medically Supervised Weight Loss
 Body Sculpting and Resurfacing
 Vaginal Rejuvenation
 Laser Hair Removal
 Permanent Make-up
 Lash Extensions
 Microdermabrasion
 Platelet-Rich-Plasma Treatments

AGE MANAGEMENT AND AESTHETICS

Achieve Your Best Self

WHO WE ARE

Age Management and Aesthetics by Healthcare Express offers advanced treatments and expertise in a spa-like atmosphere. Our hormone replacement specialists, estheticians, and licensed medical professionals are extremely knowledgeable with extensive experience and training. Services include hormone replacement therapy, weight loss treatments, Botox® and fillers, Microneedling, laser hair removal, facials, and much more.



DANA MCCRARY, APRN

"Remember to show yourself the love and care that you give to others. Take time for your health, your passions, your goals, and maybe even a little pampering!"



RACHEL STANLEY APRN, FNP-C



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

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

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.



KEELI LAYNE,
CULINARY DEGREE
FROM THE ART
INSTITUTE OF DALLAS,
SERVE SAFE CERTIFIED
THROUGH CDC

"Be your best self."

Delivery in the Texarkana Area
 903-809-8026



CHEF K

Creating a Healthier, Happier Community, Starting at Home

WHO I AM

I am an entrepreneur, chef, artist, community advocate, tri-athlete, and mother.

WHY I LOVE MY PROFESSION

It gives me a sense of fulfillment to use my creative skills in a way that makes other people happy and helps the community.

WHAT SETS ME APART

Passion! I am passionate about every aspect of my life and career. No matter what I do, I always give my best and I go above and beyond pre-existing expectations.

WHAT I DO

I offer organic, clean, whole foods meal preparation. My specialty is creating unique, nourishing recipes from scratch. My products never contain hydrogenated oils, preservatives, or refined sugars.

I offer free postpartum meals and cooking classes to new mothers through my charitable organization, Virgin Mothers. It provides support for postpartum healing and kick-starts healthy lifestyles at home to create a healthier, happier Texarkana.

In addition, I offer cooking parties and catering events.



4222 Texas Boulevard
 Texarkana, Texas 75503
 903-792-8351
 texarkanadentist.com



ANDREW S. CURRY, DDS

Texarkana's Top Rated Local Dentist



ANDREW S. CURRY, DDS

"Your smile is your best accessory."

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.

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.

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

DERMATOLOGY ASSOCIATES

JEFF YOUNG, M.D.



2011 Moores Lane
 Texarkana, Texas 75503
 903-792-2777

www.fvryoungatdermatologyassociates.com



SERVICES

Medical and Surgical Dermatology
 Botox® and Dysport®
 Fillers
 Facials
 SkinPen Microneedling
 Laser Hair Removal
 BroadBand Light Laser Therapy

DERMATOLOGY ASSOCIATES AND FOREVER YOUNG AT DERMATOLOGY ASSOCIATES

Your All-Inclusive Skincare Destination



JEFF P. YOUNG, M.D.,
 BOARD CERTIFIED DERMATOLOGIST

"We work to create healthy skin as opposed to just treating damaged skin."

WHAT SETS US APART

Forever Young is the only local medical spa that is owned and operated by a board certified dermatologist. Dermatology Associates and Forever Young are located in the same building. We provide services addressing all of your skin's needs. We can treat your rashes, bumps, and acne and then get you in for a facial, injectable, or laser treatment. We are Texarkana's only "all-inclusive skincare destination."



470 O'Leary Street
 Hooks, Texas 75561
 903-809-1829
hombreranakambo.com
universalvibe.org



SERVICES

Private and Group Kambo Sessions
 Kambo Practitioner Training
 First Aid/CPR/AED Certification
 Workshops, Retreats, Events, and Festivals
 Event Planning and Management

HOMBRE RANA KAMBO/UNIVERSAL VIBE

Heal. Evolve. Thrive.

WHO WE ARE

We are parents, a disabled veteran, and passionate about serving our community and educating others about alternative healing practices that have changed our lives. We love our children, we love our life, and we love adventure.

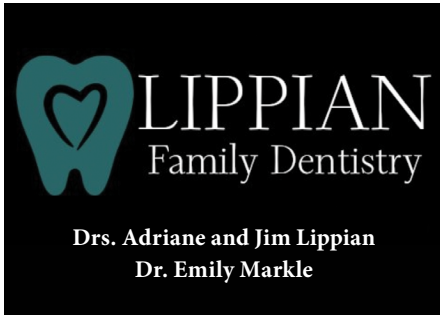
We facilitate safe, ethical, and modern Kambo experiences—an ancient all-natural peptide remedy traditionally used by tribes in the Amazon to cleanse, strengthen, and protect the body and mind.

We also organize Texarkana's first and only music, art, and wellness festival—Universal Vibe.



CASSIE AND COLTON FOLTZ,
 CERTIFIED TRIBAL DETOX KAMBO
 INSTRUCTORS AND PRACTITIONERS

"Whatever it is in life you want to do, you need to start doing it now. Take care of your mental, physical, and spiritual health. Work out, take a moment for yourself, eat healthily, get some sleep, pray, and do whatever you need to do to find peace."



**Drs. Adriane and Jim Lippian
Dr. Emily Markle**

5220 Gibson Lane
Texarkana, Texas 75503
903-793-6976
lippianfamilydentistry.net



SERVICES

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

LIPPIAN FAMILY DENTISTRY

Receive the Smile of Your Dreams!

WHO WE ARE

Lippian Family Dentistry consists of a husband and wife team of dentists, as well as one other dentist, five hygienists, six assistants, and six front-desk personnel. Almost all of the staff 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.



WHAT SETS US APART

We are dedicated to providing patients 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.



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



TEXARKANA YOGA

Texarkana's Hometown Yoga Studio

WHO I AM

I am Jessica Gray, owner of TXK Yoga. I was a student before purchasing the studio during my yoga teacher training a couple years ago. I have also been a hairstylist for 14 years. My husband and two children are my biggest supporters.

WHAT SETS US APART

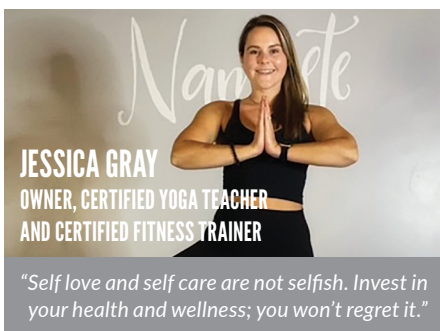
At TXK Yoga you will feel kindness, acceptance, and encouragement. We are genuinely excited to see each person walk through the door. The lineup of teachers is exceptional. Each one has a unique flair. The comraderie among the students, new and old, is fantastic. Come join the fun; there is definitely a place for you to unroll your mat at TXK Yoga.

SPECIALTIES

Hot, Warm, and Cool Classes
Power, Yin, Traditional, Hatha, and Thai Classes
Private Classes for Individuals and Groups

PRODUCTS

Liforme Yoga Mats
Yoga Props
Zum Products
Sand and Stone Products
Txk Yoga Merch



Intro offer- 7 days for \$7
Limit one per person. New students only.

\$23 for your first month with contract
3 month commitment at regular price to follow initial month.

Buy 1 month at the noncommittal price and get 1 month free
\$160 value for only \$80. All offers valid 1/1-1/31.