

MEMORIAL

LIFESTYLE™

FOOD + BEVERAGE

*HOUSTON'S BEST
BRUNCH SPOTS*

HEALTH + WELLNESS

*2025 HEALTH &
WELLNESS GUIDE*

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2025 Health & Wellness Guide: *Tips from Houston's Experts*

NAVIGATE YOUR 2025 WELLNESS JOURNEY WITH TIPS FROM
HOUSTON'S LEADING HEALTH AND FITNESS EXPERTS.

ARTICLE BY MEMORIAL LIFESTYLE STAFF



Photo by Thomas Guerrero Photography

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WHAT IS YOUR OVERALL RECOMMENDATION FOR IMPROVING HEALTH AND WELLNESS IN 2025?

Less is more. Breast augmentation with smaller implants, breast reductions, liposuction and tummy tucks are a few of the key body contouring procedures that will target stubborn areas and create a more defined and proportionate physique.

WHAT IS THE NUMBER ONE PRODUCT YOU RECOMMEND TO ENHANCE HEALTH AND WELLNESS IN 2025?

Renuva. This is an injectable matrix that gradually replaces age-related fat loss with your body's own fat. It can be used by itself or in combination with fat grafting to restore volume to the face and body, helping to keep you looking natural, youthful and healthy.

IF YOU COULD ONLY RECOMMEND TWO HEALTH AND WELLNESS SERVICES OR MODALITIES, WHAT WOULD THEY BE AND WHY?

The two most frequent procedures I recommend are abdominoplasty (tummy tuck) and breast augmentation or lift. When performed simultaneously they are referred to as a "Mommy Makeover," which is a powerful operation that restores the contour of the breasts and abdomen after pregnancy or weight loss. lookinggood.com

WHY DID YOU START WORKING IN THE HEALTH AND WELLNESS SPACE?

I wanted to enter a profession that allowed me to help people look and feel like the best version of themselves. I loved watching the confidence boost and personality blossom that takes place after a patient has undergone a successful surgery.

WHAT DO YOU SEE AS THE LATEST HEALTH AND WELLNESS TRENDS IN 2025?

The surge of Semaglutide medications and weight loss revolution over the past year are contributing to a desire for a slimmer, more athletic and toned silhouette. The rise of the "Ballet Body" highlights the shift from drastic curves toward more subtle and natural looking enhancements, with a focus on achieving balance and harmony with the rest of the body.