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FORT BEND

# living

MAGAZINE



## A Holistic Approach to Wellness

SUGAR LAND MEDICAL SPA

**TEE-TIME IN TEXAS**  
GOLF RESORTS FOR THE  
WHOLE FAMILY

**A SERIOUS TRIAL**  
WHAT WILL THE VERDICT BE?

**LOCAL LANDSCAPES**  
GARDENING IN THE LONE STAR STATE



best of WINNER

(L-R) Nurse Practitioner Amber Brightley, Dr. Kimberly Evans and Dr. Nima Patel-Agarwal

# BE YOUR MOST BEAUTIFUL, VIBRANT, AND SEXY SELF!

SUGAR LAND MEDICAL SPA'S HOLISTIC APPROACH TRANSFORMS LIVES

BY VIRGINIA BATES PHOTOS BY KELLEY SWEET PHOTOGRAPHY

## ELEVATING WOMEN'S HEALTHCARE

Dr. Kimberly Evans, Dr. Nima Patel-Agarwal, Nurse Practitioner Amber Brightley and the amazing staff of professionals at Sugar Land Medical Spa provide a safe and welcoming space where patients feel comfortable, respected, and understood. This acclaimed, award-winning medical spa has been recognized as Living Magazine's "Best MedSpa" in Fort Bend the last 5 years in a row. Unlike other medspas in town, for over 10 years Sugar Land Medical Spa has distinguished the practice by offering unparalleled expertise, superior medical care, and an unmatched variety of innovative treatments and technologies not readily available elsewhere.

As a practicing OB/GYN for more than dozen years, Dr. Evans recognized that her patients needed her intervention to deal with the effects of aging and menopause, and improve their overall wellness and quality of life. This realization inspired her to seek specialized training, expand her practice, and establish Sugar Land Medical Spa in 2014. In addition to traditional and cosmetic gynecological services, Dr. Evans and her team provide a multitude of proven treatments and services designed to meet each patients' needs, address issues with women's form as well as function, and elevate women's healthcare to a completely new level.

## STATE-OF-THE-ART SOLUTIONS

Sugar Land MedSpa offers esthetic, non-surgical and surgical options designed to enhance the look and feel of patients' skin and body, enhance their wellbeing, and

## DISCOVERING THE FOUNTAIN OF YOUTH

In addition to providing feminine and male rejuvenation, cosmetic gynecology, BHRT, laser hair removal, medically supervised weight loss programs, and the most advanced aesthetic skin care treatments available, Sugar Land Medical Spa is excited to offer several non-invasive break-through treatments which eliminate fat and cellulite, tone and tighten skin, and result in a more lifted and sculpted look to the face, neck and décolleté. EMS Body Contouring "Core to Floor" treatment helps incontinence, core strength and erectile function. In addition, SLMS is one of the first providers in Fort Bend to offer the premier body contouring treatment HIFEM EMSCULPT NEO®, a technology that eliminates fat while simultaneously building muscle. Treatments last 30 minutes. **No Surgery. No Downtime. No Kidding!**

restore a more youthful appearance for women and men, with minimal downtime. In addition to quality medical spa services, they provide the most sought-after cutting-edge treatments for sexual wellness, supervised weight loss programs, advanced body contouring, and much more! Their ultimate goal is to help their patients feel and look their very best, at every age and stage of life.

## WE'RE LIVING LONGER

In 2024, the average life expectancy for women in the US is 80 years. A natural and unavoidable part of the human life cycle, aging is a gradual and continuous process that begins in early adulthood and involves multiple changes including physiological, biological, psychological, and behavioral transformations. As we age, we produce less collagen, elastin, hyaluronic acid, and other essential components that keep our bodies youthful and radiant. The first signs of aging appear on our face and hands: wrinkles, UV damage, loss of muscle tone, thinning or loose skin and uneven skin tone. Most folks want to live a long life, but nobody wants to look or feel old! Fortunately, Dr. Evans and her team offer medical grade treatments to decelerate and reverse unwanted signs of aging, turning back the hands of time without plastic surgery. In addition to a variety of medical-grade facials, advanced aesthetic services and laser hair removal, SLMS offers Botox, Juvederm and microneedling, which can significantly reduce the appearance of fine lines and wrinkles, add volume and create a more youthful appearance.

## IT'S TOUGH TO BE A WOMAN!

A woman's body can go through substantial trauma through the course of her lifetime, including menstruation, pregnancy, childbirth,

cancer, aging, and more. As a woman's child-bearing years wane, perimenopause can begin as early as her mid-thirties, lasting months or years, followed by menopause which can last a decade or longer. 80% of women experience unpleasant symptoms from menopause, including hot flashes, night sweats, brain fog, sluggish metabolism, weight gain, incontinence, and diminished sex drive. Reduced estrogen levels can lead to osteoporosis. Sleep disturbances can zap energy and contribute to mood swings and depression. Vaginal dryness results in unsatisfying and painful intercourse. Menopause can impact a woman's confidence, happiness, mental health and wreak havoc on her sex life. Sugar Land MedSpa, a BioTe Platinum Partner, offers patients Hormone Replacement Therapy to restore and balance hormone levels, while providing much needed relief from common symptoms of menopause.

## LET'S TALK SEXUAL HEALTH

Dr. Evans's genuine compassion and non-judgmental demeanor easily eclipse a potentially awkward conversation into a relaxed discussion with a knowledgeable friend. She encourages her patients to open up about sensitive or difficult issues. Once the patient's individual goals are determined, a customized treatment plan is implemented to achieve optimal results. Dr. Evans has literally helped thousands of women and men transform their lives, becoming more energized, optimistic, and discovering a renewed joie de vivre. Aging may be inevitable, however Dr. Evans and the team at Sugar Land Medical Spa has the specialized training, experience and services to improve your quality of life, and help you feel and look your absolute best so you can get the most out of life again!



## MEET DR. KIMBERLY EVANS, FACOG

With more than 23 years of clinical experience as a board-certified gynecologist specializing in hormone balancing, intimate health, and aesthetic treatments, Dr. Kimberly Evans is a leader in women's healthcare. An advocate for holistic wellness, Dr. Evans ascribes to the philosophy that different aspects of a person's life are interconnected and equally important to overall health and happiness. Treating the "whole" person, she employs a variety of innovative and proven solutions, tailored to the individual needs of each patient. By improving aesthetic form and function, patients rejuvenate their sexual health, experience renewed confidence, enhanced physical and mental health, and ultimately improve their overall quality of life. Dr. Evans' genuine compassion, soft-spoken manner and communication skills allows her to connect with patients of all ages. Nationally recognized for her expertise in resolving sexual dysfunction, Dr. Evans teaches other doctors how to help patients. Contact SLMS and begin your journey to improved health and wellness, enhanced well-being, restored libido and a happier life.

"Menopause can rob a woman of her sense of self, but it's important for women to lead fulfilling lives at every age and stage. Helping my patients feel beautiful, healthy, vibrant, sexy, and full of life makes my heart soar."

## SCHEDULE YOUR APPOINTMENT TODAY!

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FOR SERVICES OFFERED  
SCAN HERE!