



THE  
LONGEVITY  
CENTER

NEWSLETTER  
January 2026

## TLC MEMBERSHIPS

### RED LIGHT THERAPY MEMBERSHIP – \$399

Commit to your 2026 wellness plans with unlimited red light therapy sessions! Support recovery, skin health, and overall vitality.

*Limited spots available.*

*Coming Soon*

**TLC TIERED MEMBERSHIPS! STAY TUNED**

## JANUARY IV SPECIAL REBOOT

*Start the new year refreshed and recharged! This IV includes 5 different B vitamins, mineral blend, and Zofran support. It's just what you need for resetting after the holidays!*

**PRICE: \$150**

*While supplies last*

## PEPTIDE SPOTLIGHT GHK-Cu (Copper Peptide)

GHK-Cu is a naturally occurring copper-binding peptide. As we age, levels decline along with our body's ability to repair tissue, maintain youthful skin, and recover efficiently. Reintroducing GHK-Cu can help "turn back on" key regenerative pathways.

**GHK-Cu is one of the most well-researched peptides in regenerative and longevity medicine, with benefits that extend far beyond skin deep.**

- Stimulates collagen and elastin production
- Enhances wound healing and tissue repair
- Supports hair growth and scalp health
- Reduces inflammation and oxidative stress
- Improves skin firmness, tone, and elasticity
- Supports DNA repair and cellular signaling

### LONGEVITY MEETS AESTHETICS

**What makes GHK-Cu special is its dual role:**

- Externally, it promotes smoother, firmer, healthier-looking skin
- Internally, it supports cellular repair, mitochondrial health, and anti-aging pathways

This makes GHK-Cu a favorite for patients focused on skin rejuvenation, recovery, hair health, and overall longevity optimization. Perfect to pair with a custom facial by our aesthetician, Crystal.

If you've been curious about peptides or want to elevate your current longevity plan, this is the perfect time to start.

## MEET OUR NEW ESTHETICIAN



### CRYSTAL VILLARREAL

Crystal has 14+ years of experience and specializes in hydrafacial, dermaplaning, medical-grade facials, SkinCeuticals, chemical peels, BioReelPeel, red light therapy, and more.

She has exciting new services and surprises coming to The Longevity Center in 2026, you won't want to miss!

*Glow into the New Year*

Schedule a consultation today! Call us at 318-531-2532

### LET'S GO MAHJONG + TLC JANUARY 20 | 5PM

We're excited to partner with "Let's Go Mahjong!" for a collaboration event at TLC this month! Join us for an afternoon of connection, conversation, and a little friendly Mahjong, paired with longevity specials and door prizes.

Whether you're brand new to Mahjong or already hooked, this is a fun way to gather, learn, and connect with like-minded women who value health, wellness, and community.