



There Is A Thread For ThatSM

Provider Case Study

Grounded in Trust, Centered in Harmony



For Shelby Garcia, of The L.A.B. MedSpa in Southlake, TX, aesthetic medicine has never been about transformation for transformation's sake. It has always been about refinement and restoring confidence, balance, and authenticity with intention and care.

Drawn early to the intersection of science, artistry, and human connection, Shelby found her place in procedures that demand both technical precision and a discerning eye for harmony. What truly anchored her passion, however, was witnessing the quiet but powerful shift in her patients: the moment they recognize themselves again, refreshed, and confident, never altered. That sense of recognition is what continues to guide her work today.

With over eight years in medical aesthetics, Shelby has developed a practice centered on facial harmony and longevity, offering full-face treatments such as neuromodulators, dermal fillers, biostimulators, microneedling, and PDO threads to deliver natural, balanced, and lasting results.

Among the most sought-after treatments in her practice is a refined combination of PDO Max threads paired with precisely placed RHA dermal fillers. By addressing both deep and superficial fat compartments, this approach restores structure, supports lift, softens laxity, and stimulates collagen and elastin. The result is a sophisticated, layered outcome, one that delivers immediate definition while continuing to evolve beautifully over time.

At the heart of Shelby's success is trust. This is achieved by thoroughly educating her patients before any services, setting realistic expectations, and fostering strong, genuine relationships. This philosophy of integrity and transparency extends into her collaborations with industry peers, reinforcing her reputation as a trusted practitioner.

“In aesthetics, consistency and trust are more important than fleeting trends,” Shelby explains. “Mastering fundamentals, choosing products carefully, and prioritizing patient safety are my guiding principles.”

That commitment to integrity has become her signature. Patients frequently share how much they value her candid approach, often referring friends and family because of it. Growth followed naturally, built on word of mouth, visible results, and genuine connection, whether inside the clinic or during impromptu conversations out in the world.



Shelby Garcia BSN, RN
Levo molded max threads



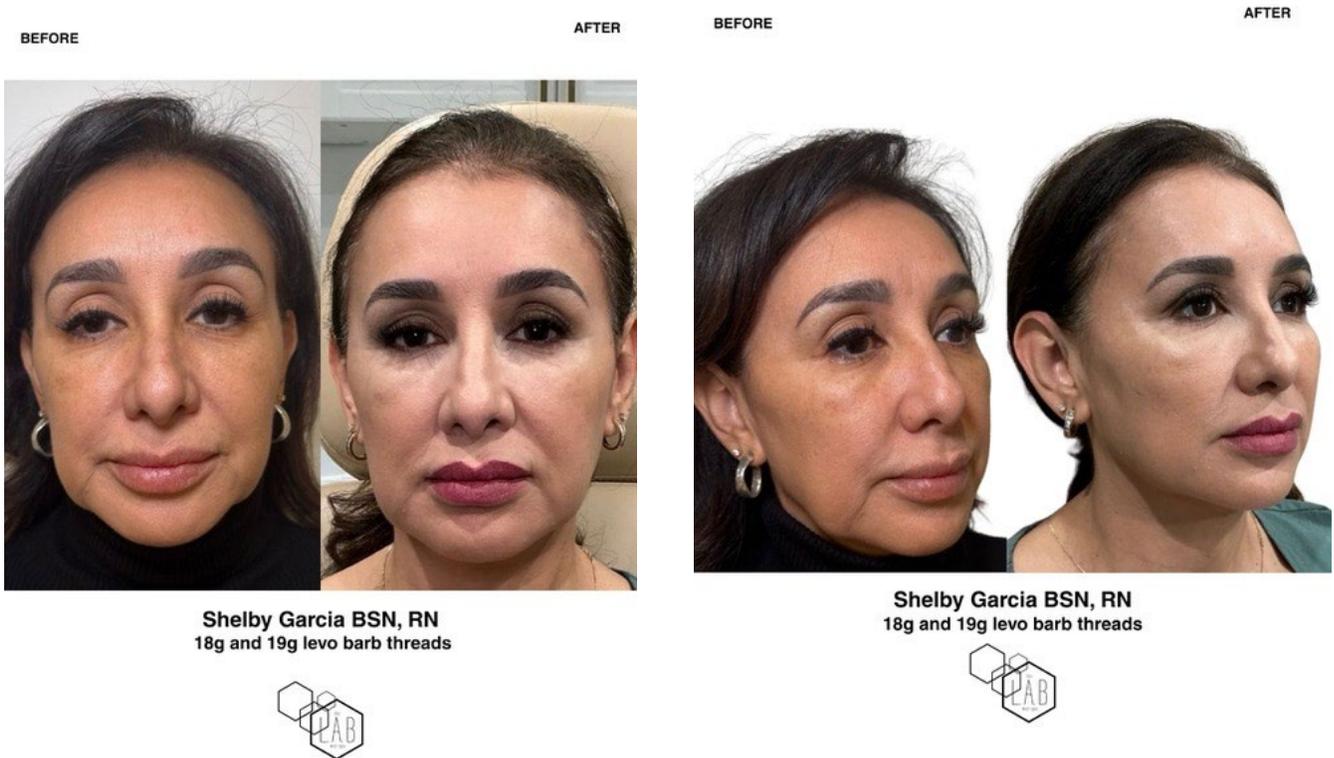
Shelby introduced PDO Max threads into her practice to thoughtfully bridge the space between injectables and surgery. Threads allow her to address structural support and tissue laxity in a way fillers alone cannot, offering elegant solutions with powerful impact. Some of her most rewarding cases involve lower face lifting, particularly for patients genetically predisposed to jowls. Without surgical intervention, she can instill confidence in her patients, which remains one of the most rewarding aspects of her

work.

What Shelby appreciates most about PDO threads is their dual nature: immediate lift, paired with progressive stimulation of collagen and elastin. Patients value the visible refinement as much as the way their skin continues to improve, developing natural luminosity over time. Shelby’s partnership with PDO Max reflects a shared commitment to excellence. She trusts PDO Max threads for their strength, consistency, and thoughtful design, qualities that allow for reliable lift and seamless tissue integration. As a clinical trainer and educator, she also values PDO Max’s unwavering focus on education and safety, aligning perfectly with her own standards for practice and teaching.

Beyond her clinical work, Shelby is deeply invested in elevating the industry. Through hands-on training and mentorship, she inspires providers with her anatomical confidence, ethical standards, and dedication to excellence, fostering a community of practitioners who lead with integrity and purpose.

In an industry often driven by noise and novelty, Shelby Garcia remains grounded in trust and purpose, and that philosophy is evident in every result she delivers.



For more information about our [threads](#), [skin boosters](#), [multi-needle stamper](#), or to learn more about our [one-on-one in-office trainings](#), please contact us at info@pdomax.com or call us at 800-670-0225.