Integrated Aesthetics Now Offers Drug-Free Mental Health Treatment, Exomind

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Spring, TX?Integrated Aesthetics, a comprehensive aesthetics and wellness practice, has expanded its whole-person care model with the introduction of EXOMIND, an FDA-cleared, drug-free therapy for Major Depressive Disorder (MDD). The non-invasive protocol employs EXOMIND?s patented ExoTMS? technology to stimulate specific neural circuits in the brain responsible for emotional regulation, cognitive control, and decision-making. EXOMIND helps patients regain mental clarity, resilience, and balanced mood in under 30 minutes per session.

Located in Spring and The Woodlands, Texas, Integrated Aesthetics has long combined plastic surgery expertise, advanced dermatologic services, and a 60-plus-treatment medspa under one roof. By adding EXOMIND to its wellness portfolio, the practice aims to give patients a safe, comfortable route to clearer thinking and balanced mood?no pharmaceuticals, injections, or anesthesia required.

?Beauty and confidence flourish when the mind is healthy,? said board-certified plastic surgeon Dr. Young Cho. ?Our patients already trust us to care for their bodies and their skin; EXOMIND now lets us support their mental wellness without medication, downtime, or stigma. It?s a natural extension of our mission to treat the

whole person.

EXOMIND addresses a growing public-health priority: mental wellness now ranks as the number-one health concern among U.S. adults, outranking both obesity and cancer. Recognizing this urgent need, Integrated Aesthetics takes a holistic approach that pairs leading-edge aesthetic services with science-backed cognitive treatments.

The EXOMIND device targets the brain with focused magnetic pulses, promoting neuroplasticity, rebuilding weakened neural pathways, and ?re-training? thought patterns linked to depression. Reported benefits include sharper mental clarity, relief from brain fog, improved emotional stability, assistance in addiction recovery, reduced anxiety, and even metabolic support for weight-management efforts?all without systemic side effects.

Integrated Aesthetics? multidisciplinary team guides each patient through a comprehensive consultation to determine candidacy. Six sessions (two per week) complete the protocol, each lasting less than half an hour, so patients can resume their day immediately. Most describe the sensation as a gentle tapping on the scalp?comfortable and entirely non-claustrophobic.

The new service aligns perfectly with the practice?s broader wellness offerings, which include hormone optimization, sexual health therapies, body composition programs, and regenerative treatments. The practice?s co-founder and board-certified dermatologist, Dr. Melissa Chiang, explained, ?Exomind helps quiet the negative self-talk and judgment that so many of us struggle with?the very patterns that often bring people into our practice in the first place. We?ve always focused on helping you feel confident in your outer beauty?but with Exomind, we now have the opportunity to help you see the beauty within yourself as well.?

For individuals who have not responded to?or prefer to avoid?pharmaceutical antidepressants, EXOMIND offers an attractive alternative. Unlike medications that can require weeks to titrate and may cause weight change, sexual side effects, or systemic fatigue, the ExoTMS approach delivers targeted neuromodulation while patients remain fully alert. After completing the full six-session course, many report lasting improvements that continue to strengthen over subsequent weeks as neural networks adapt.

Integrated Aesthetics invites adults experiencing depression, persistent anxiety, brain fog, or other mood-related concerns to schedule an EXOMIND consultation at either of its convenient locations. The Spring office is located at 5061 Farm to Market 2920, Spring, TX 77388, and the Woodlands location is at 26118 I-45, Spring, TX 77386. For appointments or additional information, call (281) 404-5454 or visit https://www.integratedaesthetics.com/.

Founded by Dr. Young Cho and Dr. Melissa Chiang, Integrated Aesthetics delivers plastic surgery, dermatology, medspa, and wellness solutions in a single concierge setting. The practice?s evidence-driven, patient-centered approach encompasses surgical expertise, minimally invasive aesthetic and wellness treatments, regenerative medicine, and now EXOMIND neuromodulation?empowering clients to pursue lasting confidence and holistic vitality at every life stage.

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For more information about Integrated Aesthetics - Spring, TX, contact the company here:Integrated Aesthetics - Spring, TXIntegrated Aesthetics281-845-6083info@integratedaesthetics.com5061 Farm to Market 2920, Spring, TX 77388

Integrated Aesthetics - Spring, TX

Integrated Aesthetics offers plastic surgery, dermatology, and medspa services in one state-of-the-art practice. Led by Dr. Young Cho and Dr. Melissa Chiang, the team provides personalized care for face, body, skin, and wellness.

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