



## WHITNEY HITCHLER, FNP-C, AG-ACNP

### The Med Spa of Flower Mound

Whitney Hitchler didn't originally set out to own a medical spa. In fact, when someone first suggested she explore aesthetic medicine, she politely declined. At the time, she was working in cardiopulmonary medicine. But Whitney's curiosity, commitment to patient care, and passion for helping people feel their best eventually led her to The Med Spa of Flower Mound — the practice she now proudly owns and leads.

#### FROM CRITICAL CARE TO AESTHETIC MEDICINE

Whitney's path to aesthetics was built on years of rigorous medical training. She earned both her Family Nurse Practitioner degree and a post-master's Adult-Gerontology Acute Care Nurse Practitioner degree, graduating with honors. She worked in cardiac catheterization labs, electrophysiology labs, and cardiopulmonary rehabilitation before becoming a pulmonary nurse

practitioner caring for patients with critical respiratory illnesses.

After shadowing aesthetic providers and completing advanced training, Whitney discovered the field of aesthetic medicine offered a unique opportunity to combine medical expertise with both science and artistry — helping people look refreshed while still looking like themselves.

Today, Whitney is also a National Galderma GAIN Trainer, teaching injectable techniques to new and seasoned providers, helping them refine their skills and approach aesthetics with the same conservative, patient-first mindset she believes in. She also serves as a clinical educator for CraftdRx and is currently participating in a study with a local compounding pharmacy examining the effects of a compounded oral medication on melasma.

"I'm passionate about helping anyone who wants to specialize in aesthetic medicine get

their foot in the door," Whitney says. "That's how I got my experience, and I like to do that for other providers, too." Her commitment to ongoing education and clinical excellence helps keep The Med Spa of Flower Mound at the forefront of aesthetic innovation.

When Whitney first joined The Med Spa of Flower Mound as a provider, she quickly built a loyal following thanks to her meticulous technique and honest guidance. Over time, she stepped into a leadership role within the practice. When the opportunity arose to purchase the spa, Whitney stepped forward with a clear vision for its future and made it her own.

She credits much of the spa's success to the team around her. "I adore my team. We've built such a strong group here, and everyone truly cares about our patients," she says. "We all think alike when it comes to doing what's right for the client, and that makes a huge difference."

## NATURAL RESULTS AND LONG-TERM TRUST

Whitney is passionate about combining advanced aesthetic technology with regenerative treatments that support long-term skin health. Under her leadership, The Med Spa of Flower Mound continues to expand its offerings while maintaining a strong focus on safety, education, and personalized care.

Her philosophy is simple: natural results and long-term trust. Rather than chasing trends or dramatic changes, Whitney focuses on helping patients look refreshed and confident — the best version of themselves.

She believes aesthetic medicine should never make someone look artificial or overdone. “It’s not about reverse aging — it’s pro aging,” she says. “I’m not trying to take you from 60 to 30. I want you to look like yourself, just refreshed.”

Clients say that approach is exactly what keeps them coming back. “I had an absolutely incredible experience at The Med Spa of Flower Mound — truly above and beyond anything I expected. From the moment I walked in, the staff made me feel welcomed, pampered, and completely at ease,” one client said.

Another client said that Whitney’s attention to detail makes her stand out. “I came in with some serious ‘angry 11s’ between my brows — like permanently scowling even when I was totally fine. Whitney is a total magician. She knew exactly what to do to smooth things out without making me look frozen or done. Just refreshed and well-rested. Whitney is not only incredibly skilled, but she’s also warm, funny, and makes the whole process feel easy and comfortable.”

## A FULL-CIRCLE APPROACH TO CONFIDENCE

While injectables are an important part of the practice, Whitney believes the best results come from looking at aging as a whole. “We’re not just treating one line or one area,” she says. “We’re looking at what’s causing the face to lose support, structure, and volume over time, while also addressing the skin itself — the texture, thinning, and loss of elasticity. It all works together, and that’s why treatment should too.”

That often means combining aesthetics with wellness, hormones, and medical care. “One of the most rewarding parts of what I do is seeing someone come in with low self-esteem and, over the course of a year, watching



their confidence completely change,” she says. “People think, ‘Oh, you’re going to a med spa, so you’ll get big lips.’ That’s not the case. Instead, you’ll be happy and feel confident in your own skin.”

She also believes consistency is key, which is why the practice offers memberships and long-term treatment planning. “Aesthetics can be affordable. You just have to be smart about it. Keeping up and being consistent is how you get the best results,” Whitney says.

## FAMILY, HARD WORK, AND WHAT MATTERS MOST

Outside of work, Whitney is devoted to her husband and their two young children. Her daughter often sets up a tiny “office” beside her at the kitchen counter while Whitney works.

“One day when I got home, my daughter said, ‘You work so hard, Mommy. Thank you.’ That moment meant everything to me,” Whitney says. “I’m proud that my children can see that moms can pursue their goals, lead businesses, and still be loving, present parents.”

That same spirit extends to the Flower Mound community. On June 11, the practice will host its annual Celebrate Summer event featuring music, local vendors, great food, and exclusive treatment specials that loyal clients look forward to each year.

Learn more at [MedSpaFM.com](https://www.MedSpaFM.com) or follow along on Instagram @InjectedByWhit.

## A FULL SUITE OF SERVICES:

- COSMETIC INJECTABLES (DYSPORT, RESTYLANE, SCULPTRA)
- ADVANCED LASER TREATMENTS (SCITON BBL, LASER HAIR REMOVAL, MOXI, HALO)
- MORPHEUS8 SKIN REMODELING
- SKINPEN MICRONEEDLING
- MEDICAL-GRADE CHEMICAL PEELS
- HORMONE REPLACEMENT THERAPY AND WELLNESS
- PROFESSIONAL SKINCARE
- TREATMENT MEMBERSHIPS

## CONTACT

2601 Lakeside Parkway  
Suite 180  
Flower Mound, Texas 75022  
(972) 874-0008  
[MedSpaFM.com](https://www.MedSpaFM.com)



WANT TO KNOW MORE?  
SCAN HERE!