

Adriana D. Garza Contreras, FNP-BC, APRN, MSN, CANS, MEP-C: Owner and Operator of Higher Level Skin and Beauty

Aesthetic Nurse Practitioner and Expert Injector Combines Advanced Nursing Expertise, Concierge Care, and Artistic Precision to Deliver Personalized Aesthetic Treatments and Patient-Centered Care



Dallas, Texas May 29, 2026 (IssueWire.com) - Adriana D. Garza Contreras, FNP-BC, APRN, MSN, CANS, MEP-C, is a Board-Certified Family Nurse Practitioner and experienced Registered Nurse whose career reflects more than a decade of dedication to patient-centered healthcare and advanced aesthetic medicine. As the Owner and Operator of Higher Level Skin and Beauty, with locations in Dallas and El Paso, Texas, Adriana has built a practice centered on personalized care, clinical excellence, and helping patients achieve greater confidence through individualized treatment plans.

Adriana's nursing background spans multiple specialties, including aesthetics, plastic surgery, trauma care, community health, and hospice nursing, providing her with a strong and comprehensive clinical foundation. After earning her Master of Science in Nursing from Chamberlain University, she transitioned into advanced practice, where she began integrating primary care principles with aesthetic medicine through a concierge-style approach tailored to each patient's unique needs and goals.

Her practice offers in-office visits, house calls, and telehealth consultations, allowing patients to access care in a flexible and supportive environment. Fluent in both English and Spanish, with conversational proficiency in French, Adriana prioritizes accessibility and meaningful provider-patient communication, ensuring individuals feel heard, educated, and empowered throughout their care experience.

Adriana holds specialized credentials as a Certified Aesthetic Nurse Specialist (CANS) and Medical Aesthetics Practitioner Certified (MEP-C), while maintaining board certification through the American Nurses Credentialing Center. As an expert injector and trainer with the Allergan Medical Institute, she specializes in both on-label and advanced off-label aesthetic procedures, including Botox, dermal fillers, Kybella, body contouring, and non-surgical facial modifications.

Known for combining artistry with clinical precision, Adriana leads a skilled team of providers dedicated to helping patients enhance both their appearance and self-confidence. Her philosophy emphasizes natural-looking results, long-term relationships, and customized care that aligns with each patient's aesthetic vision.

Outside of her professional work, Adriana enjoys spending time with her family and her two cats, Sushi and Sashimi. She also enjoys traveling, exercising, and exploring innovative aesthetic techniques from around the world that she can bring back to benefit her patients.

Through her commitment to continuous education and compassionate care, Adriana D. Garza Contreras continues to elevate the standard of modern aesthetic medicine across Texas.

Learn more about Adriana D. Garza Contreras:

Through her America's Best in Medicine profile, <https://americasbestinmedicine.com/providers/adriana-garza-contreras> or through her website, <https://www.higherlevelskinbeauty.com/>

America's Best in Medicine

America's Best in Medicine is a specialist online platform dedicated to amplifying the voices of leading healthcare professionals across the United States. They bring together top healthcare providers from all specialties and cities to share expert-driven articles, research, commentary, and clinical insight. Their core purposes are to showcase excellence in healthcare, build trust between providers and the public, and ensure that expert voices are elevated and heard in shaping medicine. Through their platform, users can access a community of leaders, opportunities for providers to share expertise, and trusted

guidance for patients and peers alike.

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Source : Adriana D. Garza Contreras

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