



Dr. John Mark P. Pabona, MD, FACP, DAAAM, ABIM is the Founder, CEO, and Medical Director of Embrace Eternal Beauty Aesthetics and Wellness in Hot Springs, Arkansas, USA—a physician-led luxury medical spa offering a comprehensive range of advanced aesthetic and wellness treatments, including laser therapies, PDO threads for non-surgical facelifts, microneedling, neurotoxins, regenerative medicine, medical weight loss, and hormone optimization programs for both men and women.

In addition to his private practice, Dr. Pabona currently serves as Research Director and Core Faculty Member of the CHI St. Vincent Internal Medicine Residency Program in Hot Springs, Arkansas. He also practices as a Hospitalist and Internal Medicine Specialist at CHI St. Vincent.

Dr. Pabona is board-certified in Internal Medicine by the American Board of Internal Medicine, a Fellow of the American College of Physicians (FACP), and board-certified and diplomate by the American Academy of Aesthetic Medicine. He completed his Internal Medicine Residency at New York City Health + Hospitals/Harlem in New York City, an affiliated teaching hospital of the College of Physicians and Surgeons at Columbia University.

Prior to his clinical training, Dr. Pabona completed a postdoctoral research fellowship at the University of Arkansas for Medical Sciences (UAMS) in Little Rock, Arkansas, under the mentorship of Professor Emeritus Dr. Frank A. Simmen and Dr. Rosalia C.M. Simmen in the Department of Physiology and Biophysics. His academic and research work has focused on hormones, receptors, obesity, nutrition, molecular endocrinology, cancer biology and animal models of disease, with publications in these areas.

Dr. Pabona is also an international speaker and medical educator. He was recently invited as a speaker at the 7th edition of World Congress Endocrine, Diabetes and Metabolism in Barcelona Spain (July 22-24, 2026) and 3rd World Congress of Gastroenterology and Digestive Diseases in Paris France (October 26-27, 2026). He is also one of the recognized by Arkansas AY Magazine Men of Distinction for 2026 and recipient of 2026 American College of Physicians (ACP) Arkansas Chapter Teaching and Mentorship Award. His work has also expanded into television and media, where he discusses physician-led aesthetic medicine, metabolic health, collagen biostimulation, regenerative approaches, and patient safety.

Dr. Pabona also serves as a peer reviewer for several academic journals, including Springer Nature's BMC Cancer, Women's Health, Journal of Molecular Histology, Journal of Molecular and Cellular Biochemistry, Scientific Reports, and Journal of Nanobiotechnology; the Journal of Reproductive Biology and Endocrinology, and for professional organizations such as the American College of Physicians, Endocrine Society, and American Society for Nutrition.

He is an active member of numerous professional organizations, including the American Academy of Aesthetic Medicine, American Academy of Anti-Aging Medicine, American Medical Spa Association, American College of Physicians, American College of Chest

Physicians, American Medical Association, American Society for Nutrition, Arkansas Medical Society, The Endocrine Society, and IMCAS Academy International.

Across his work as a physician, scientist, educator, and entrepreneur, Dr. Pabona maintains a philosophy centered on science, precision, compassion, and lifelong learning. His vision for Embrace Eternal Beauty extends beyond aesthetics alone: to create a destination where evidence-based medicine, innovation, wellness, and the art of helping people feel confident in themselves come together.

At the heart of his work is a simple philosophy: to serve with excellence, lead with compassion, and use medicine, science, and education to make a meaningful difference in the lives of others.

Contact:

John Mark P. Pabona, MD, FACP, ABIM, AAAM
Embrace Eternal Beauty Aesthetics and Wellness
4328 Central Ave. Suite B
Hot Springs AR USA 71913
Mobile: 1-501-442-9129
Email: pabonajohn@gmail.com

Social Media:

Facebook: Embrace Eternal Beauty Aesthetics and Wellness
John Mark Pabona

Instagram: @drjohnmarkpabona, @embraceeternalbeauty

Linkedin: www.linkedin.com/in/john-mark-pabona-md-fACP-1064a35