

Transitional Primary Wellness Integrates Primary Healthcare and Medical Spa Services in Phoenix, Arizona

Co-Founders Michelle Catchpole and Dr. Courtnie Gilmour deliver a unified approach to wellness, merging medical necessities with aesthetic goals.

PHOENIX, AZ, UNITED STATES, August 26, 2026 /EINPresswire.com/ -- [Transitional Primary Wellness](#), co-founded by Michelle Catchpole, FNP-C, and Dr. Courtnie Gilmour, offers integrated [primary healthcare](#) and medical spa services in Phoenix, Arizona. With over five years of collective experience, the practice extends its services across the greater Phoenix area, including Scottsdale, Mesa, Tempe, Chandler, Gilbert, and Tucson, providing comprehensive health and aesthetic solutions designed to meet individual client needs.



Michelle Catchpole and Dr. Courtnie Gilmour

The practice distinguishes itself with a "one-stop shop" model, seamlessly combining general healthcare with specialized aesthetic and wellness treatments. Services available include mobile, in-person, and telehealth appointments, alongside a range of medical spa offerings such as Botox injections, Platelet-Rich Plasma (PRP) therapy, microneedling, and various IV therapies. Transitional Primary Wellness prioritizes a deeply personalized patient experience, ensuring that each client receives tailored care rather than a standardized approach. To further enhance accessibility, affordable membership options are also available, extending care to individuals without traditional health insurance coverage.

This integrated approach has demonstrated tangible results, particularly in their medically supervised weight loss programs. These programs adopt a holistic view, incorporating guidance

from dietitians and workout specialists to support clients in achieving sustainable health outcomes. Michelle, a Board-Certified Family Nurse Practitioner, brings essential clinical expertise and a patient-centered focus to the practice. Meanwhile, Courtne, holding a PhD in Organizational Leadership and Business Management, ensures operational excellence and strategic growth, contributing to a smooth and efficient client journey. Together, they simplify healthcare access, empowering clients to effectively manage their general health needs and pursue their aesthetic objectives within one trusted and comprehensive practice.

"Our vision for Transitional Primary Wellness has always been to remove barriers to comprehensive health and aesthetic care," said Michelle Catchpole, Co-Founder of Transitional Primary Wellness. "We believe in empowering our clients by offering accessible, high-quality services that address their overall well-being, both inside and out, within a single, convenient setting."

For more information about the integrated services offered by Transitional Primary Wellness, or to schedule a consultation, please visit www.transitionalprimarywellness.com. Transitional Primary Wellness is dedicated to providing comprehensive, integrated primary healthcare and medical spa services across the Phoenix metropolitan area, focusing on accessible, personalized, and high-quality patient care for a holistic wellness experience.

Michelle Catchpole and Dr. Courtne Gilmour
Transitional Primary Wellness
[email us here](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/937256941>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2026 Newsmatics Inc. All Right Reserved.