

# NUTRITION

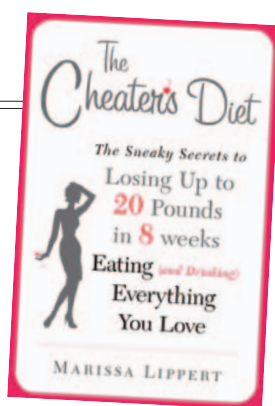
MARISSA LIPPERT, RD

Founder of Nourish Nutrition Counseling and author of *The Cheater's Diet*

**Specialty:** Shaping up your diet without beating the drum of no carbs, no sugar, no alcohol. Customized daily and weekly menus help clients shed stubborn pounds, boost energy levels, address allergies or just commit to greener eating habits.

**Signature service:** A complete kitchen makeover wherein Lippert will restock your fridge with healthy picks from the city's gourmet grocers and farmers' markets, show you how to set a stylish table (including helping you shop for dinner party-worthy flatware and serving pieces) and teach you (or your staff) how to cook up wholesome meals.

**Fun fact:** Lippert writes her own blog, "Diet Is a Four Letter Word," that chronicles her adventures in scouting fresh food and new restaurants around town, testing recipes and dishing on how to fit an indulgent brunch into a healthy, balanced diet (potatoes and sausage pass the test). 16 W. 23rd St.; [nourish-nyc.com](http://nourish-nyc.com)



DR. RICHARD FIRSHEIN

of the Firshein Center for Comprehensive Medicine

**Specialty:** Alternative and integrative beauty therapies to improve your immune system, complexion, hair texture and energy levels and stimulate weight loss. Eastern medicine and nutraceuticals are the cornerstones of the practice.

**Signature procedure:** A comprehensive health evaluation that provides a detailed nutritional profile of blood levels and also takes into account genetic history to offer specific recommendations for diet, supplements and treatments (such as vitamin injections to improve energy and acupuncture to stimulate collagen and reduce skin sagging).

**Notable clients:** Fashion designers, real estate moguls, advertising execs, bankers, royalty and out-of-towners who fly in from California, the Middle East, South Africa and Europe

**Fun Fact:** Firshein's own childhood experience with asthma led him to natural medicine and spurred him to develop nationally recognized asthma treatment programs. 1226 Park Ave.; [drfirshein.com](http://drfirshein.com)



# ENDERMOLOGIE

NICOLE CONTOS LIAKEAS, Smooth Synergy Day Spa

**Specialty:** Cosmedical services with a pampering touch, the most popular of which include endermologie (a French advancement that breaks up fat deposits to battle cellulite), fanny facials (microcurrents and scrubs tone the tush) and laser hair removal

**Signature procedure:** The Integral Triple Play, a full-body service of endermologie, lipomassage and endermolift to banish cellulite, even out skin and make you bikini-ready

**Notable Clients:** Ex-Beatrice Inn crowd of models and even some rock stars

**Fun fact:** Liakeas was once a jilted bride after being stood up at the altar in front of 250 guests at her black-tie Manhattan wedding. Media outlets caught wind of the story (which was featured on the front page of the *Daily News* as well as on *Oprah*, *20/20* and *Good Morning America*) and she later used that publicity to launch her spa with her current husband of eight and a half years. Revenge is sweet! 686 Lexington Ave.; [smoothsynergy.com](http://smoothsynergy.com)

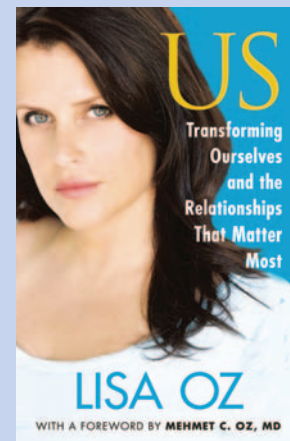


# LISA OZ

The best-selling author—and wife of Dr. Mehmet Oz—tells us how to focus on our relationships with ourselves.

**Us: Transforming Ourselves and the Relationships That Matter Most is your new book. What was the motivation behind it?**

I've spent the last decade helping my husband get the word out about healthy lifestyle choices and I think that's very important. But Mehmet always says, "The best thing you can do to stay healthy is give your heart a reason to keep beating." For me that reason has always been my relationships, and I figured there were a lot of people out there who felt the same way.



**What's the first step toward having a better relationship with yourself?**

I think it's crucial that we get to know who we really are—apart from the ego-based projections we commonly identify with. We need to be able to step back from our attachments and habitual responses and be honest about our true motivations.

**Many experts in our story are adept at transforming one's appearance, but what are your feelings about cosmetic surgery?**

After having four kids, I could absolutely use a breast lift and a tummy tuck. Sadly, it's not going to happen. Mehmet would be horrified and thankfully loves my body just the way it is.



Dr. Mehmet Oz and wife Lisa Oz