



Cosmedical Spa Offers A Unique Blend of Services

*NYC's Smooth Synergy brings medical expertise
and a family ospitality to a spa setting*

by John Mora

Care to have an injection of Botox® with that facial? How about laser hair removal with your peel? While facials, peels and a number of other pampering services are offered at most traditional spas, there are a select few facilities that go a step further. "Cosmedical" spas, as they are frequently known, are a small, but growing segment of the industry that offers several treatments traditionally found in a doctor's office. Of course, certified medical personnel are a must, so it's important to seek out facilities with qualified professionals.

Nevertheless, a soup-to-nuts array of spa and cosmetic medical treatments can be hard to find, even in NYC, where the pamper-hungry have plenty of choices. However, one cosmedical spa, Smooth Synergy, brings an even more unique combination to the table: a husband and wife team. Owner Nicole Contos teams with her husband, Dr. George Liakeas, M.D., to provide a unique blend of services and a cozy environment that is noticeable on the first visit.

"It's a real family atmosphere," says Lisa, a loyal customer of Smooth Synergy Spa. "I could go to a doctor's office for some of these treatments, but why would I? Medical offices are usually so cold, sterile and intimidating. Smooth Synergy has a warm feeling about it and the staff really makes you feel at home."

And, although the inviting atmosphere appeals to the soft side, the facility offers the latest in cosmetic treatment technology to please the practical-minded that simply want results. A long list of the latest modalities includes two types of laser hair removal, an all natural, sunless tanning spray machine, Micro current Lift & Tone treatment for face and body, an electronic Endermologie® treatment that reduces cellulite and helps contour your body, both electronic and injection treatments for spider veins, as well as the popular Botox®, Restylane® and Collagen Replacement Therapy® for helping you turn the clock back in time. In addition, Smooth Synergy has a chiropractor onsite as well.

"Our goal is to provide everything you need under one roof with the best technology, the highest level of professional expertise and affordable prices," says owner Nicole Contos. "That's why most of our business comes from referrals."

Undoubtedly much of the appeal of a cosmedical spa is the medical expertise that you won't find in your usual salon. Dr. Liakeas at Smooth Synergy not only enjoys providing the medical-grade treatments people want, he knows his services contribute to their wellness: "Often times I'll act as a consultant for other health problems or concerns. They may come in for a treatment, but we'll also discuss their general wellbeing and any health issues they would normally talk to a doctor about. Many of our customers tell us that it's very comforting to know I'm here for them in that way, which is a great feeling."

Does the convergence of spa services, chiropractic and medical treatments indicate a trend in the making? As more and more people seek a more complete wellness solution that heals and improves their bodies on many different levels, there's no doubt that the under-one-roof services offered at locations such as Smooth Synergy will attract a loyal following.

"Our customers appreciate the cosmedical approach and are consistently pleased with the results from the latest high-tech treatments," say Contos. "But it's just as important to develop a friendship and trust with your customers. That's really the most important treatment of all."

For more information on Smooth Synergy, visit their website at www.smoothsynergy.com. To schedule an appointment, call (212) 397-0111.