



Beauty that is skin deep.

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Smooth Synergy - Serious Beauty atop New York's bustling city streets.

On the third floor of an office building above the hustle and bustle of Lexington and 56th sits Smooth Synergy. Smooth Synergy is one of NYC's top cosmedical spas, offering up such in-demand treatments as Photorejuvenation, Microdermabrasion, Botox, Collagen, Endermologie and Laser Hair Removal. Catering to clients with busy schedules, this bustling spot is open seven days a week.

I arrived at Smooth Synergy, went up a tiny elevator, and entered the intimate and cozy lobby. As I entered the spa, I was warmly welcomed and offered a fresh glass of lemonade by the owner of Smooth Synergy, Nicole Contos. She escorted me to a private room for my first treatment, Endermologie- a procedure I'd never tried. Endermologie is a procedure done to reduce cellulite and increase circulation of the blood. Jen, who performed the treatment, is well versed in Endermologie and very informative. We identified areas for her to work on, and she went to work, massaging my skin with a handheld ultrasound machine, with just light pressure.

This machine stimulates blood flow and increases the penetration of the skincare products. Next, the real cellulite removal began. Jen went to work with the help of the cellu-M 6, a device that uses rollers and gentle suctioning to deeply massage areas affected with cellulite. This treatment is good for women in their postpregnancy, for a person who recently had liposuction, or really anyone who is looking to restore smoothness to the skin. While clients are urged to repeat sessions for longer lasting results, after just one session I could see the results, my skin feels tighter and looks smoother.

Next I was led to another clinical room for my second treatment, Laser Hair Removal from my underarms. My technician, Tovah, explained the procedure and briefed me on the benefits of not having to shave or wax again. While four to six treatments is required for optimum results, Tovah assured me that I would see results after just this one treatment. She also cautioned me of the rubber band snapping sensation that I would feel. A small price to pay for eventually never having to shave again!

The instant result was that my skin was soft and smooth. Finally, dressed in a plush robe, I visited a third room for Microdermabrasion and an hour long facial. This room was dimly lit with candles and soothing music and scents of aromatherapy wafted in the air. Here I met Estella who I chatted with about my tragically dry skin. We discussed my daily face cleansing rituals and she made some suggestions to improve my daily routine. The facial portion of the session was just what I needed, a wonderful massage of my face, neck and shoulders, a delightful peppermint mask, steam and moisture treatments, even a massage treatment to help reduce wrinkles, lines and folds. Next up, Microdermabrasion, done with the Diamond Peel Machine. This procedure improves many skin conditions and imperfections creating a healthy and balanced skin surface and vanishing skin imperfections such as enlarged or clogged pores, altered pigmentation, and sun-damaged skin. The skin is literally sandblasted, removing the top layer of dead skin cells and leaving skin ultra-smooth and glowing. Best of all, with no residual redness you can go about your day immediately following Microdermabrasion, hence its nickname as "The Lunchtime Peel." Smooth Synergy is quite different than a traditional day spa. You won't find rain showers and cloying scents at this cosmedical Spa. What you will find at Smooth Synergy is the most innovative and effective medically proven treatments. If you're serious about beauty, you'll love that Smooth Synergy is serious about results. Visit www.smoothsynergy.com for more information.