



***Smooth Synergy offers a peaceful, tranquil setting. It also offers its own line of skin care products.***

## Smooth Synergy: A Holistic Cosmedical Spa in NYC

Smooth Synergy, a cosmedical spa, (686 Lexington Avenue, NYC 10022; 212-397-0111; [www.smoothsynergy.com](http://www.smoothsynergy.com)) offers the most innovative treatments on the anti-aging beauty market today including Mesotherapy, Endermologie, Captique, microdermabrasion and laser hair removal, all with a very personal touch. "We're trying to keep ourselves small enough so every one of our clients gets personalized care," says George Liakeas, MD. "We're not a spa in-the-box like the kind you see springing up on every corner these days. We don't overbook and keep people in the waiting room because many of our clients are celebrities who want to remain anonymous."

Because Smooth Synergy is a medical spa, Dr. Liakeas and his staff takes all the procedures they perform very seriously. "Although we have a high level of medical sophistication, we're not the cold sterile environment of a hospital." More like a medical sanctuary than a doctor's office, Synergy offers a soothing environment that is truly holistic in nature. The spa also offers massage, acupuncture and a nutritionist who can help you get the most out of your cosmedical procedures.

Cellulite, which plagues 80% of the female population, can be combated with a myriad of treatments, all depending on the client's needs. Endermologie uses rollers, gentle suctioning and deep massage in the affected areas to increase circulation, restore collagen and dispel abnormal water retention. "The reason why I feel so comfortable recommending endermologie to my clients is because I have tried it myself and have seen positive results in both cellulite reduction and in body contouring," says Nicole Contos, Synergy's spa director and president.

The interesting thing is that endermologie is not just a cosmetic procedure for women looking to get rid of their cellulite. Olympic athletes and other top sports professionals like Lance Armstrong have used endermologie to heal their injuries and help them recover faster. Research has shown that endermologie increases blood circulation and relieves minor muscle aches, pains and spasms. A series of treatments also decreases the body's lactic acid production resulting in the reduction of muscle fatigue. If you are an athlete looking to improve your sports performance, endermologie might just be the competitive edge you need.



***Smooth Synergy takes the holistic approach to anti-aging health.***

Other treatments that combat cellulite include: mesotherapy which uses homeopathic ingredients including vitamins, minerals and amino acids injected under the mesoderm, or surface of the skin to break up the cellulite; ultrasound which emits vibrations into the skin, opens up the pores that allow the Smooth Synergy anti-cellulite creams to penetrate further. Theophylline, the active ingredient in the cream, helps break down the fat, caffeine works as a stimulant and methyl nicotinnte promotes circulation and tones the skin. In addition to these treatments, the Smooth Synergy staff suggests you exercise, drink plenty of water and eat a diet that is low in salt and carbohydrates and high in fiber.

With both their roots in Greek heritage, Contos and husband Dr. Liakeas promote an anti-aging Mediterranean "Greek Glow" facial. This treatment consists of a nourishing omega-3 mask and firming serum that moisturizes and tones the skin to fill in lines and wrinkles. Part of the facial includes using the Ultrasound Scrubber which emits vibrations into the skin that increase circulation and thereby absorption of the omega-3 ingredients.

More people are turning to Botox and Restylane because of the results they offer. Part of this is due to a boost in self-confidence and self-esteem. One female patient had developed deep eyebrow furrows to the point her expression looked angry all the time. "In my job, I am constantly thinking and analyzing which causes me to furrow my eyebrows a lot. The result was this crease in the middle of my head, a negative consequence of my deep thinking habits. I realized this expression influenced my interactions with men. Men would always ask me what was wrong, what was bothering me," says the patient who prefers to remain anonymous. "Men would tell me to smile and "lighten up" because they thought I was perpetually angry from the glabellar fold between my eyes. I got so tired of men telling me this, I decided to see Dr. Liakeas and I'm glad I did. Now, men approach me more often and I don't have to work so hard to convince them that I'm really a very friendly, happy, down-to earth lady. I don't look angry anymore!"



**One of the Treatment Rooms**

"It's not so much how you look, but how you feel deep down inside after the procedure that really counts," says Dr. Liakeas. The patient went on to explain that these kinds of cosmedical procedures are not just vain attempts to hold back the hands of time or are for those with poor self esteem. Whatever your natural expression tends to be, time takes its toll and etches lines in your face because of the facial expressions you subconsciously keep doing over and over. Botox helps relax the muscles, preventing them from automatically and continually reinforcing an expression that creates wrinkles in the face. In effect, it interrupts the muscles of their habitual holding pattern while still allowing you to make normal facial expressions.

Botox is extremely safe and works by disrupting the nerve impulses that keep particular muscles in your face contracted that cause wrinkles. Botox is most commonly used for forehead wrinkles, glabellar folds (eyebrow furrows) and Crow's feet but is not used near the mouth. The initial treatment consists of several small-dose injections in the area being treated followed up by another set of injections. Once the muscles are relaxed, other fillers, like Collagen and Restylane and the newer filler Captique, can be used to fill in the remaining lines. Dr. Liakeas says different patients have different expectations. It's a combination of cosmedical procedures that help diminish wrinkles. Botox is not meant to make all facial lines disappear.

Captique results are immediate and last for about 6 months depending on the patient. It's much thinner and less painful than Restylane and the finest lines fill in faster. Captique is made of stabilized hyaluronic acid filler that was approved by the FDA in 2004.

Smooth Synergy offers you cosmedical procedures in a spa sanctuary setting. They can make you feel and look ten years younger with all the wonderful treatments they offer. Other treatments that Smooth Synergy offers include: photorejuvenation facials, glycolic peels, laser hair removal, sclerotherapy, Vascular 300 for the removal of spider veins, age spots and other skin issues and Strixaderm-MD for eliminating stretch marks. The spa also sells a full line of cosmedical spa products like Smooth Synergy Private skin care line Glytone, Avene, Skin Medica, WellSkin and its own line of anti-aging products.

For more info, please contact: Smooth Synergy at (212) 397-0111, 686 Lexington Avenue, Suite 3N, New York, NY 10022; info@smoothsynergy.com or visit their website at: [www.smoothsynergy.com](http://www.smoothsynergy.com)