

NEW YORK BEAUTY & SPAS

Smooth Synergy

686 Lexington Ave., Ste. 3N, 10022
between 56th and 57th Sts.
212-397-0111

Type

Beauty Products, Nutritionist/Weight Loss Center, Spa, Tanning Salon

Services

Botox, Hair Removal, Massage, Skincare Treatments

Profile

After tying the knot, Nicole Contos and Dr. George Liakeas began their lifelong partnership with a business plan: She became the manager and he became the on-site medical consultant of Smooth Synergy. The “cosmedical spa” offers competitively priced traditional spa fare like massages, microdermabrasion, body wraps, and facials, but it’s their fountain-of-youth procedures that draw in most clients: non-surgical, FDA-approved cosmetic services such as Botox, collagen replacement, vascular therapy (which removes spider veins), and microcurrent body- and face-lifts. Bathing suit season brings an onslaught of cellulite-reducing endermologie appointments, SunFX spray-on tanning sessions, and requests for Candela GentleYAG hair removal, an extra-gentle procedure that’s safe for all skin types and tones. The Synergy team, which includes a chiropractor, acupuncturist, nutritionist, and several therapists and technicians, assesses clients’ “needs” during a free first consultation, then works with them to devise a skin and body care regimen. Dr. Liakeas has two offices on the premises where he consults and does injectables; other services are conducted in one of four treatment rooms, which, although almost too small for the huge, high-tech machinery within, mix hospital-grade cleanliness with the comfort of a family-run establishment. And to think all this synergy started on a blind date. —Christine Ajudua

Extra

Customers get ten percent off of services for each new client that they refer to Smooth Synergy. See the spa’s website for specials and holiday packages.

www.smoothsynergy.com

Hours

Mon-Fri, 9am-9pm; Sat, 10am-6pm; Sun, noon-5pm

Nearby Subway Stops

4, 5, 6 at 59th St. ; N, R, W at Lexington Ave.-59th St.

Payment Methods

American Express, Diners Club, Discover, Mastercard, Visa