



InnerRewards™



Your Guide to Living Well

Editorial Review for Smooth Synergy

Spa Overview:

Let's face it, when it comes to certain day spas, the vibe can make or break your entire experience. I don't care how plush the space is; there is no amount of candlelight, rose petals or complimentary organic lychee martinis that can make up for an unenthusiastic spa owner. I'm happy to report that my experience at Smooth Synergy, with the ever-smiling and knowledgeable Nicole Contos and husband Dr. George Liakeas, not only listened to me intently and offered highly professional services; they made me feel like a VIP.

Smooth Synergy is a "Cosmedical Spa" offering injectables, lipomassage, microcurrent facials, mesotherapy, body wraps, sclerotherapy, facial capillary treatment, massage, and even organic spray tanning. Their team includes laser technicians, estheticians, a nutritionist, and a physical trainer who devise custom skin and body care regimens for clients. They are a true, full-service operation that offers a lot in their modest but tastefully decorated, efficiently run Midtown Medispa.

Reception:

The upbeat vibe and cheery nature of the staff made me feel instantly welcome. The place is spotless, well run, and stocked with reading material on just about every non-invasive cosmetic procedure you can imagine. This includes eyelash extensions, which was the first thing I noticed when the lovely CEO Nicole greeted me and sat by my side for an in depth 20-minute consult. Besides her fabulous lash job, I was immediately enamored by her open, optimistic attitude and genuine interest in my facial and Botox touch up.

Treatment Room:

I was expecting the typical clinical, brightly lit, kind of sterile cleanliness that normally accompanies medi spas. Instead I was pleasantly surprised to encounter lovely paintings adorning the hallways before entering my candle-lit treatment room. Here I was lulled to the backdrop of classical music—extra points for attention to detail.

Amenities:

Value. During my consultation I let Nicole know I was unhappy with the results of a previous Dysport treatment and that my crows feet had not been fully "zapped." She offered me an amazing deal to correct my former doctor's less-than-lasting injection and charged me only what was necessary for a touch up. This is typically not done. Normally docs charge upwards of \$300-\$500 per "area." At Smooth Synergy I was charged a fraction of that. I consider their willingness to negotiate a fantastic amenity.

Service:

My original reservation was for the Deep Pore Facial. My aesthetician Tamara, a 15 year veteran, was thorough and fast, maybe a little faster than I had hoped, but the end result proved lovely. The extractions were plentiful, but I am a no-pain-no-gain type of gal so this was fine. 48 hours of dewy and glowing skin was worth it.

Dr. George Liakeas administered a Botox touch up, which was a plus. Bear in mind lots of medi spas leave the injecting up to nurses and sometimes non-licensed assistants who have very little (if any) medical experience. Botox truly is an art that can transform your face either into a subtle masterpiece or something more, abstract. Dr. Liakeas was wonderful. He assured me the dosage was just enough for what I needed, while promising I could return for a free touch up if I was not happy with results. Love that.

Special Sauce:

This husband and wife team cares. You feel it from the moment of booking. The Smooth Synergy folks are genuine, experienced, and make a concerted effort to ensure your happiness and satisfaction. I will definitely be venturing above 14th street again for their services, and for this downtown girl, that's saying a lot.

Payment Time:

MasterCard, Visa, Amex, Cash, Debit. Tips on credit cards OK.

Go Again:

A resounding YES!

Recommend to a Friend:

Great for Skin Geeks. Value seekers. Those who appreciate a personal touch.

Treatments:

60-minute Deep Pore Facial, Botox Touch Up