

The thing about skin is it's finicky. It acts as a map of what's happening inside our bodies emotionally, hormonally, and nutritionally. Even better yet the skin seems to reveal your abuse or just general lack of attention to it at the worst times, pimples before your wedding, a strange rash the day before a school picture... the list is endless. But what the skin does love is a little attention, some continuity and a good facial. There is a way to allay the finicky beast of your epidermis, and that is a plan and **Smooth Synergy Cosmedical Spa** are just the folks to help us devise a plan. They are the psychoanalysts and nutritionists for your skin.

Smooth Synergy is a not only a Manhattan spa but a medical facility that provides such treatments as facials, peels, Micro-current lifts, endermologie, cosmetic injectables, tattoo removal, and laser hair removal. Today I was in the hands of the aesthetician Tamara who was going to be my epidermis analyst for the day. Our original plan was to get the **Smooth Synergy Signature Facial**, which is a basic facial that cleanses pores as botanicals are applied through steam in order to unclog pores and loosed blackheads to facilitate extractions. A calming mask and a shoulder massage follows it. Lately I have been having major breakout on my chin. It's like Junior Prom all over again except this time I could have a kid that is going to his/her Junior Prom, and of course I couldn't leave it alone I had to pick at it. I mean come on give a gal a break. Who wants to show up to a work meeting with a face that looks like a topographical map of the US as their face? There is a certain new kind of embarrassment that occurs when this happens as an adult. Almost as if you should have gotten all of this out of your system as a teenager when it was the "acceptable" time to be a pimply mess, and why are you having this happen so late in life? Does this mean your growth and maturity is somehow very behind? Tamara noticed that I had been picking at my face, practically a mortal sin to an aesthetician, and I had left some marks on my chin. They weren't scars per se, but some odd skin stuff that just won't go away. So the new plan of attack was to get microdermabrasion added to my signature facial. Tamara steamed my face and massaged cleansers and creams to my moist face in the most relaxing way. She stimulated the areas on my face that had been tense all day, like she could just sense exactly where I was stressed. She then took that bright light that anyone who has had a facial that knows to be like a lie detector telling your facial analyst all that is really going on with your epidermis. You can lie all you want but that bright light will tell your facialist a different story.

Thank goodness my bright light experience was positive. I luckily had been treating my skin fairly well in the recent months and my pores and blackheads were both at a minimum, but the pimple issue on my chin, well, that was another story. Evidently any pimples that one gets on the chin are due to hormones. It looks like my hormones are raging and leaving their tell tale marks on my face. Next step microdermabrasion. Microdermabrasion is a safe exfoliating procedure that enhances skin's appearance and texture. Tamara used a machine that felt like a tube that both used suction and spray a sandy type of substance onto the face. It felt like a small cat tongue lapping at your face. It was never uncomfortable, no stinging nor pain, just an odd sort of sensation. It took about 15 minutes and then was followed with a calming mask. While my mask was on, Tamara gave me the most wonderful neck and shoulder massage. She kneaded my neck muscles and helped elongate the muscles that had grown tense and restricted. It felt as if she added space between my head and my shoulders. I almost wanted to cry if felt so good. I had actually walked into **Smooth Synergy** with a killer headache that I thought was due to allergies, but as soon as she started on my neck and shoulders I felt the headache start to dissolve away. I guess it was a tension headache. She left me a big lump of relaxation as my mask worked it's magic and I even fell asleep for a bit. When she came back in and removed my mask she then applied products from the **Smooth Synergy** custom line as well as some products from another line that **Smooth Synergy** carries called COSMEDIX.

So what is the verdict for my skin analysis session? Well similar to my actual psychologists assessment my skin psychologist of sorts Tamara says that I am stressed and also am having some hormonal issues that are causing my skin to break out. What is her prescription; stop obsessing and picking at my pimples...obsessing that is common thread among both my analysts assessments, and just to give my body the TLC that it needs. Also medical shorthand, give myself a break, pimples happen it's OK, just relax. Also a common thread between analysts, I'm just a little over sensitive and my skin follows in suit. The one thing that Tamara did stress was that since it was summer that SPF for a sensitive gal like me was of the utmost importance and even more importantly to up your SPF the days following your microdermabrasion because new baby skin has been revealed and it will be more prone to burn.

I was feeling bit dull and down, like a teenager in her "moody phase" when I walked into **Smooth Synergy** but when I left I felt like a proud, empowered, beautiful adult woman, but with the lineless radiant face of a child. Thank you **Smooth Synergy** for upping my mood and my skin. That my regular analyst could never give.

Keri Setaro, Beauty Editor

Tips for the Signature Facial & Microdermabrasion at Smooth Synergy

Don't hesitate to ask questions and express concerns along the way and let the professionals at Smooth Synergy know how they can make the experience more comfortable for you. These folks are serious about beauty and they want you to come out looking and feeling your best!

- Remember to up your SPF following your microdermabrasion treatment
- Remember if you are happy with this or any other spa service tip at least 15 - 20 %.
- Remember to tell them **Spa-nyc.com** sent you

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