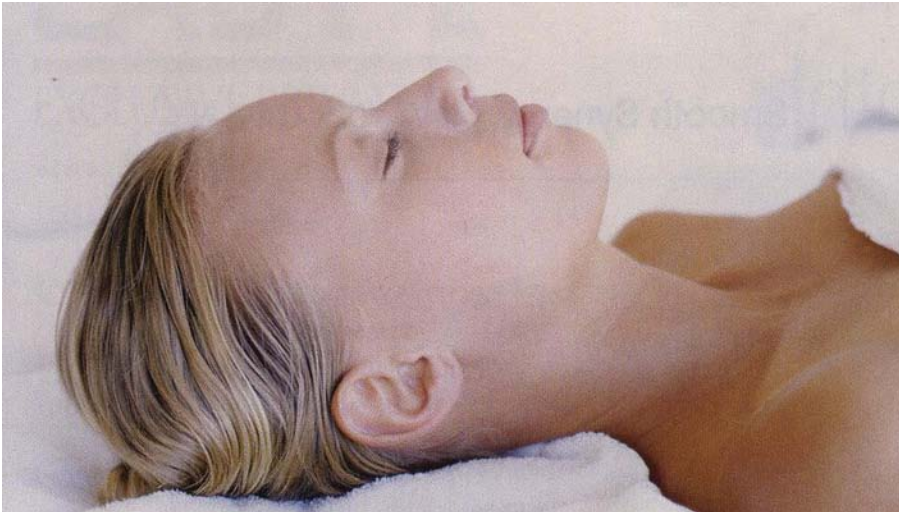

spa of the month | Smooth Synergy, New York City, NY



SMOOTH SYNERGY, a “cosmedical spa” in New York City, focuses on bring clients groundbreaking solutions to real skin care issues that provide long-lasting results. The latest innovation from this spa is their “Fanny Facial,” which became one of the spa’s most popular treatments this year. The idea for the treatment came after years of whispered requests about an embarrassing yet surprisingly common problem. Unsure of how to treat breakouts in this sensitive area, and embarrassed about lumps, bumps, and cellulite, clients were searching for a way to firm, smooth, and tone their

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derrieres. The derriere, while not generally regarded as an area to be pampered, is commonly an area in need of some professional help. Blemished or dry skin on the derriere is common because it's a difficult area to reach and most people feel awkward asking for help. Hence, the "Fanny Facial" was born.

A happy marriage

Smooth Synergy owner Nicole Contos teams with her husband, George Liakeas, M.D., to provide a unique blend of services and a cozy environment that creates a comforting and soothing environment. After tying the knot, Contos and Dr. Liakeas began their lifelong partnership with a business plan—she became the manager and he became the on-site medical consultant for Smooth Synergy.

The cosmedical spa offers competitively priced, traditional spa fare like massages, microdermabrasion, body wraps and facials. In addition, it also offers nonsurgical, FDA-approved cosmetic services such as Botox, two types of laser hair removal, collagen replacement, vascular therapy (which removes spider veins), and microcurrent body- and facelifts. The spa also features cellulite-reducing Endermologie appointments, SunFX spray-on tanning sessions, and, of course, the Fanny Facial.

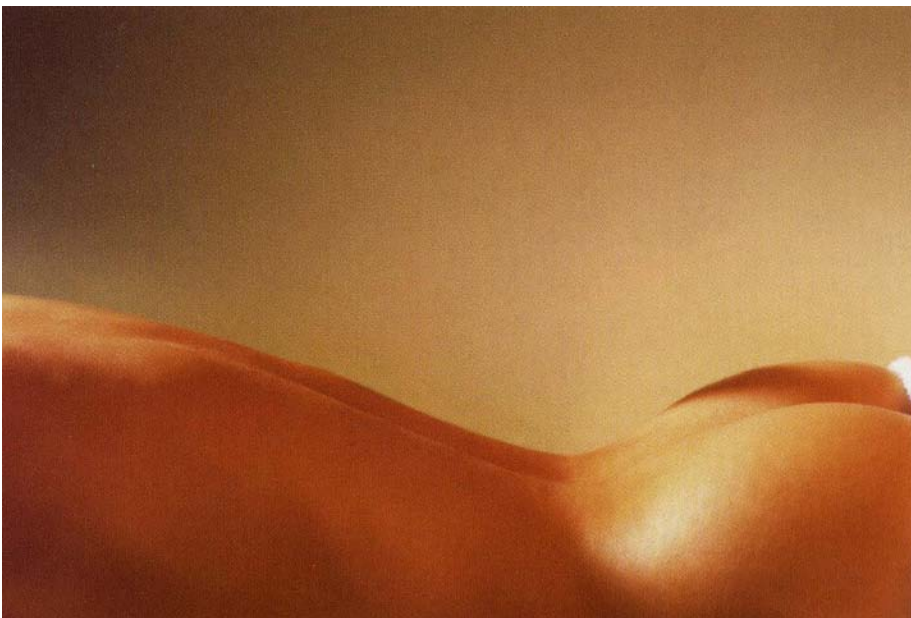
The Smooth Synergy team, which includes a chiropractor, acupuncturist, nutritionist, and several therapists and technicians, assesses clients' "needs" during a free, first consultation, then works with clients to devise skin and body care regimens. Dr. Liakeas has two offices on the premises where he consults and does injectables. Other services, including the Fanny Facial, are conducted in one of four treatment rooms. And to think ... all of this started on a blind date.

All under one roof

"It's a real family atmosphere," says Lisa, a loyal customer of Smooth Synergy Spa. "I could go to a doctor's office for some of these treatments, but why would I? Medical offices are usually so cold, sterile and intimidating. Smooth Synergy has a warm feeling about it and the staff really makes you feel at home."

Although the inviting atmosphere appeals to the client's soft side, the facility offers the latest in cosmetic treatment technology to please the practical-minded who simply want results.

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In addition to Botox, fillers and injectables such as Restylane® and Collagen Replacement Therapy® are offered to take the treatment menu into a complete medical spa.

“Our goal is to provide everything you need under one roof with the best technology, the highest level of professional expertise and affordable prices,” says owner Cantos. “That’s why most of our business comes from referrals.”

Undoubtedly, much of the appeal of a cosmological spa is the medical expertise that you won’t find in your typical day spa. Dr. Liakeas at Smooth Synergy not only enjoys providing the medical-grade treatments people want, he knows his services contribute to their wellness.

“Oftentimes, I’ll act as a consultant for other health problems or concerns. They may come in for a treatment, but we’ll also discuss their general well-being and any health issues they would normally talk to a doctor about. Many of our customers tell us that it’s very comforting to know I’m here for them in that way, which is a great feeling,” he says.

The rear view

Smooth Synergy’s newest and hottest treatment is the “Fanny Facial,” a three-step system for maintaining a perfectly polished derriere!

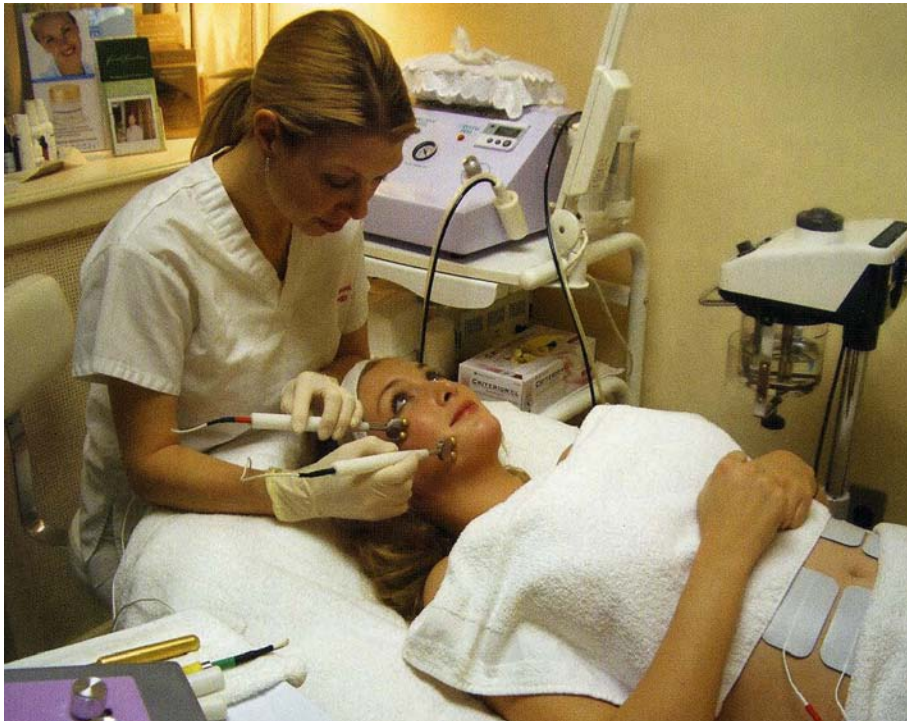
To begin, the sensitive skin of the derriere is exfoliated with Smooth Synergy’s Papaya Mint Body Scrub to help dissolve surface debris, detoxify skin, and clean pores. The enzymes in papaya work to slough away dead skin cells, unclog pores, control folliculitis and are great for dry skin as well. Mint leaves skin refreshed and jojoba beads actually polish up the skin’s surface gently and effectively.

Next, a microcurrent therapy is used on the skin. This very rich and pampering service delivers anti-inflammatory results and leaves the skin smoother and more toned. This breakthrough technique uses advanced waveforms that work with the body’s own biological currents to put the face and body through a premium “work-out” to lift and tone the muscles. Microcurrent therapy amplifies the body’s own rejuvenating abilities to help reverse the signs of aging, strengthen the muscles and bring youthful definition to the body.

Weight; bumpy, lumpy contours; distended stomach; and cellulite are some of the more evident body problems. These are just the outwardly visible signs. However, according to Dr. Liakeas,

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internal clogging is the more serious problem that can be so detrimental to our overall health and well-being. When the internal organs of the body are sluggish, the result is a continuous backup. Enlisting the body's support and cooperation is essential to help reverse the signs of aging and for the long-term correction of stubborn esthetic conditions that result from multiple imbalances of the body, most particularly digestion problems.



During a session of microcurrent therapy, multiple pads connect the client to the Diamond WaveForm machine. As the client lies down, the current works on the muscles without inducing the feeling of physical strain. It may sound a little medieval, but the sensation is actually quite pleasant, and resembles a deep-tissue massage. While the client will notice an immediate, temporary improvement in both the tone and lift of the area, more than one treatment is recommended. Since the idea is to work the muscles, repeated treatments are needed to get and stay toned. In other words, just as clients wouldn't expect to be in great shape after one visit to the gym, long-lasting, marked results from the Fanny Facial do take some time. For maximum, sustained results, 12 sessions over the course of six weeks are recommended.

As the finishing touch, the entire body is given an organic spray tan to achieve that total bombshell look. The Fanny Facial is complete

with the application of their Organic Spray Tan using the SunFX system. The tan is applied by a technician ensuring streak-free, professional results. The unique combination of mineral salt bronzers and the FDA-approved tanning agent DHA 20- the purest form of DHA- produces a safe and truly gorgeous tan. The tan lasts between seven and 10 days, is virtually odorless and is extremely natural-looking, says Contos.

This system gently and effectively works to bring the body back to optimal health and helps make the difference for people who have become overweight; are unable to exercise; are out of shape and have a hard time committing to a workout program; have poor internal health; and those who have recently had a baby.

The Fanny Facial firms and tones the muscles in a powerful, synergistic way. Through vibration, the service helps the body disperse resistant fat, especially in the abdominal area. The lymphatic system is vigorously stimulated to support the flushing of accumulated toxins and fluids, particularly the ones that cause the buildup of cellulite and dimpling. And increased circulation feeds skin tissue and supports healthy blood flow. While the Fanny Facial body contouring treatment is remarkably effective, says Contos, it shouldn't replace real exercise which improves the health of the heart, lungs, and circulatory system.

Getting results

As an increased number of people seek a more complete wellness solution that heals and improves their bodies on many different levels, there's no doubt that the under-one-roof services offered at Smooth Synergy have attracted a loyal following.

"Our customers appreciate the cosmedical approach and are consistently pleased with the results from the latest high-tech treatments," say Contos. "But it's just as important to develop a friendship and trust with your customers. That's really the most important treatment of all."

Smooth Synergy New York City Spa is located at 686 Lexington Avenue, New York, NY 10022. For more information on Smooth Synergy New York City Spa, call (212) 397-0111 or visit www.smoothsynergy.com.



Nicole Contos, Owner