



What began over a decade ago as an unlikely blind date for Nicole Contos and Dr. George Liakas, has since transformed into a marriage and thriving business partnership. A former teacher, Nicole was previously engaged only to be dubbed the “Jilted Bride” by the New York Times when she was unceremoniously left at the altar by her then fiancé. Twelve years later, she is happily married to Dr. Liakas, and together they own Smooth Synergy® cosmedical Spa and Lexington Medical Associates, jointly located in Midtown Manhattan. In their shared and specially designed facility, Dr. Liakas runs the medical practice and is Smooth Synergy’s Medical Director, and Nicole manages Smooth Synergy and promotes its services and products. Their inspired and synergistic partnership combines both health and beauty

“We are Midtown’s best kept secret- great customer service, attentive and not too big - where everyone feels like a VIP. We pamper with the purpose of always delivering the best results for our clients.”

services to offer their patients and clients a unique one-stop experience in an upscale and contemporary setting.

When Smooth Synergy opened its doors in 2002 there were few medispas in New York. Dr. Liakas already had a growing practice, but also had a strong desire to branch out into the

aesthetics field. The result was Smooth Synergy. “In creating Smooth Synergy, we set out to design a rejuvenating and medically focused spa that could offer real

solutions to real skin care issues with real results. We feature only the most up-to-date technology and clinically proven products with the goal of helping clients achieve radiant, smooth and healthy skin,” says Dr. Liakas.

Their “one-stop shop on the third floor,” as Nicole calls it, offers the services of a nutritionist, a personal trainer and

a physical therapist, along with a broad range of medical and aesthetic treatments. They treat acne, fine lines, wrinkles brown posts, red veins, enlarged pores, stretch marks, melasma and sun damage. Some of their well publicized treatments include the Fanny Facial™, an exfoliating and



Microcurrent Facial

massage oriented treatment that leaves that "special" body part smooth and toned, as well as the non-invasive Microcurrent Facelift, which rejuvenates the skin and adds muscle tone. Smooth Synergy also specializes in organic spray tans, laser hair removal, and a full roster of injectables including Radiesse®, Restylane®, Juvederm® and BOTOX®. Smooth Synergy offers its clients the opportunity to join Lexington Medical's much talked about membership bases Concierge Program, which combines personalized medical care with direct access to Dr. Liakeas on a 24/7 basis. "We have found that this membership model works very well for patients who want an extra level of care, attention and personal service that is not typically available at other practices," Nicole says.

In addition, Smooth Synergy has teamed with New York plastic surgeon Dr. Ulysses Scarpidis to perform cosmetic procedures at special rates for Smooth Synergy clients who want to improve their appearance via surgical enhancement.

Every month, the facility hosts catered informational events

"Even in Manhattan, the smooth Synergy-Lexington Medical partnership is unique when it comes to how successfully it has combined comprehensive health and beauty offerings under one roof."

and discounted injectable evenings. "We run a boutique spa and doctor's office under one roof, with a focus on a friendly environment that strives to put clients at ease. Even

in Manhattan, the Smooth Synergy-Lexington Medical partnership is unique when it comes to how successfully it has combined comprehensive health and beauty offerings under one roof."

says Nicole.

"Smooth Synergy is constantly updating its technology to deliver the best possible results," says Nicole. Along with its proprietary Smooth Synergy skincare line, it offers specially selected skincare products from brands such as Glytone, Cosmedix, Avène and Skin Medica. The staff builds lasting relationships with clients, and helps them develop the best treatment regimen to meet their individual skin-care needs. ❖



Before Fanny Facial



After Fanny Facial

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This month's GLOW feature article highlights a few of the offerings of this husband and wife owned, full service cosmedical spa. As a special treat for GLOW readers, Smooth Synergy is offering NYC Spa Specials, including the popular Microcurrent Body Lift. The non-invasive technology is designed to give the body a lifting and toning "workout" via the Diamond Dynamic Wave Form Therapy Program, and to minimize the external evidence of internal body problems including weight, cellulite and lumpy contours. Smooth Synergy recommends the treatment for those who have become overweight, are unable to exercise, are out of shape and have a hard time committing, have poor internal health, or recently had a baby.

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