

# SOCIAL LIFE

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# DR. ANNA AVALIANI

## COSMETIC & LASER SURGERY EXPERT

BY FRANCES GORMLEY

Anna Avaliani, MD, is a leading female expert on the Upper East Side in New York City. She specializes in cosmetic and laser surgery and dermatology, using cutting-edge procedures for the face and body with minimal to absolutely zero downtime. She has simply perfected the art of non-invasive techniques to achieve the most elegant and natural results that are never too extreme or obvious. Her practice philosophy focuses on prevention and slowing down the aging process by using the latest world-renowned skin and laser treatments available on the market. Her high-end clientele includes many models, actors, TV hosts, celebrity makeup artists and hair stylists, fashion designers, and even billionaires.

Dr. Avaliani's practice offers the latest state-of-the-art technologies, with more than \$1 million of the best laser equipment offered. Her practice belongs to only a handful of practices in the country to be named "Cynosure Center for Excellence" for continually providing the best treatments with the best results for her patients. She is a top-tier cynosure expert and SculpSure provider in NYC.

It's likely that you've heard of CoolSculpting to deal with stubborn fat cells, but Dr. Avaliani has moved beyond that to SculpSure because she believes SculpSure is a better, more advanced option for body contouring. Unlike earlier interventions on the market, SculpSure has certain advantages. Zero downtime. Zero discomfort. Only 25 minutes a session. SculpSure is a light-based laser procedure. Warmth and a slight tingling are about all a patient feels during the short session that results in permanent elimination of up to 24% of fat cells in a treated area. Results can show in as soon as six weeks and optimal results occur by twelve weeks. The fat cells are gone forever. This is not true for other interventions that melt rather than destroy fat cells. On your mid-day break, you can have your treatment and eat your lunch, too.

SculpSure has short- and long-term advantages. A re-contoured abdomen, waist, back, and thighs are obviously appealing results, offering the chance to look great now. Because fat stretches skin over time, SculpSure is a way to look great in the future, too, by preventing skin from stretching as well as increasing collagen production.

An ever-growing share of Dr. Avaliani's practice comes from word of mouth. "My consultations are detailed and bespoke for each patient. I am not afraid to turn away a patient if I am not the right fit." Not everyone is a candidate for every procedure, and not everyone has a realistic expectation. Expertise and honesty are her hallmarks.



Dr. Avaliani completed her residency at NYM/ New York Presbyterian-Weill Cornell Medical Center, one of this country's top ten medical institutions. She is board-certified in cosmetic laser surgery by the American Board of Laser Surgery and in a specialty of the American Board of Medical Specialties. She is a fellow member of many prestigious medical societies, including the American Academy of Cosmetic Surgery and the American Society for Laser and Medicine Surgery. She is an attending physician at NYU Medical Center and NYM/New York Presbyterian-Weill Cornell Medical Center.

Take an office tour and more at [dravaliani.com](http://dravaliani.com)  
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