

2024

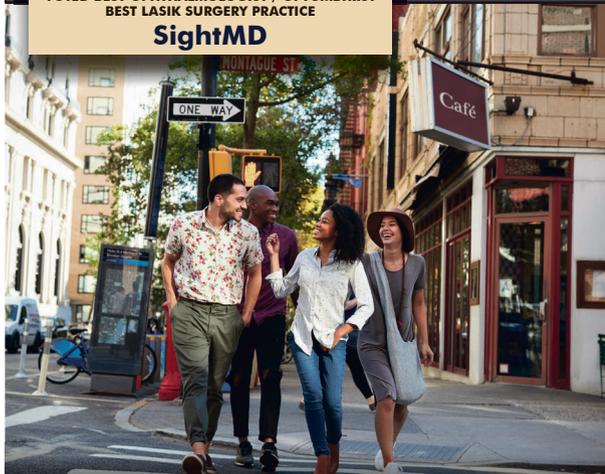
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WINNERS GUIDE



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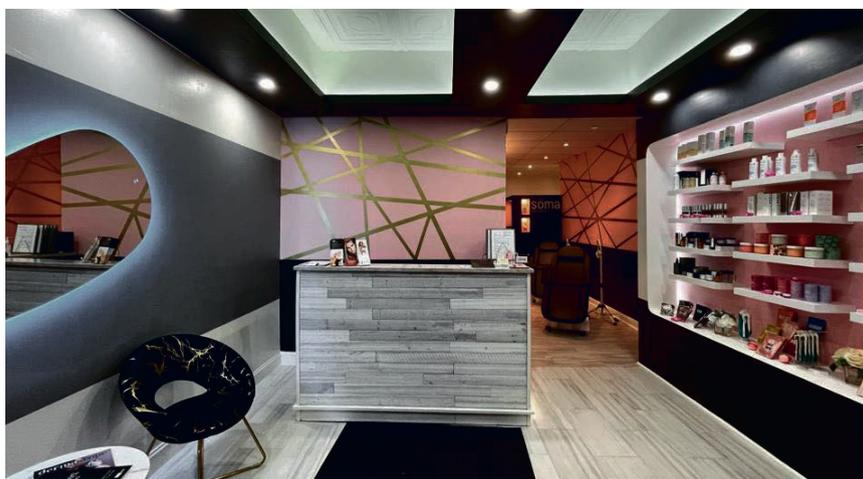


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Sōma Estética: a cozy, South Brooklyn spa tucked away in the busy streets of Fifth Avenue. We offer an incredible variety of esthetic treatments without breaking the bank. Utilizing top technologies and hands-on techniques, our clients are guaranteed individualized, customized care resulting in visible results after every service. In order to ensure our clients receive the best in each of their services, we continue to keep learning and growing in our field. Our focus is to always use the latest technology to nurture our clients' needs in a professional & safe approach. We thank you for your continued confidence and support to make us #1 in Brooklyn and look forward to your visit!

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SCULPTING



RESHAPING



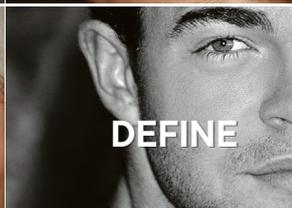
ANTI-AGING



LIFTING



LASER



DEFINE

RENATA KHELEMSKY, MD
BOARD-CERTIFIED & FELLOWSHIP TRAINED FACIAL COSMETIC SURGEON
58 PROSPECT STREET | BROOKLYN, NY 11201

p: 646-558-3757 | w: www.renatafacemd.com | ig: @renatafacemd

HEALTH, WELLNESS & BEAUTY

BEST PILATES STUDIO

HEALTH AND WELL BEING PHYSICAL THERAPY

8718 3rd Ave, Brooklyn
(917) 991-5891 - toniptandpilates.com

A good pilates class really works your core and promotes mobility and strength. At Health and Well Being Physical Therapy, it's the best of both worlds. Health and Well Being Physical Therapy is the premier Pilates studio in Brooklyn, known for its exceptional expertise and comprehensive offerings in both Pilates and physical therapy. The studio's Pilates program features individual 1:1 private sessions on all Pilates equipment, including the Reformer, Cadillac, Ladder Barrel, Stability Chair, and CoreAlign. For those seeking a social and interactive experience, the studio also offers duets, trios, and group Reformer classes. What sets Health and Well Being Physical Therapy apart is its focus on holistic health and wellness. The studio combines Pilates with physical therapy to deliver effective, tailored treatments for conditions such as post-mastectomy care, shoulder, hip, knee, and ankle pain, as well as balance and neurological disorders.

BEST PLASTIC SURGERY GROUP

RENATA FACIAL COSMETIC SURGERY

58 Prospect Street, Brooklyn
(646) 558-3757 - renatafacemd.com

Renata Facial Cosmetic Surgery stands out as the premier plastic surgery group in Brooklyn, thanks to Dr. Renata Khelemsky's expertise in the art and science of facial form and anatomy. Dr. Renata provides personalized consultations that begin with a thorough analysis of the face, focusing on all layers and their condition. Instead of merely addressing surface concerns, she engages in an ongoing dialogue with patients to understand their unique aging processes at every level. Dr. Renata employs a multi-layered approach, preserving the facial structures essential to youthful appearance while achieving natural results. This comprehensive care offers patients a wide array of options, regardless of their age, and ensures satisfaction with rejuvenated yet authentic looks. Upon entering Renata Facial Cosmetic Surgery, patients are welcomed by a calming atmosphere that promotes both outer and inner well-being. The serene environment offers a tranquil escape from daily life, intertwining peace, luxury, and expert care to create a truly harmonious experience.

BEST PODIATRIST

BAY PODIATRY ASSOCIATES

8635 21st Ave Suite 1c, Brooklyn
(718) 266-1986 - podiatrybrooklyn.com

Your feet literally keep you going all day long, don't you want to take proper care of them? For the best podiatrist in town, you have to visit Bay Podiatry Associates. Led by Dr. Argiros Mantzoukas, Bay Podiatry Associates aims to resolve any pain or function issues that may be keeping you from living the best life. From the slightest to the most severe pain, the practice works with you to solve the problem so you can be free of any discomfort in your feet. Dr. Mantzoukas recognizes that the first visit to the podiatrist may be nerve wracking, but he and his team make sure to create the most comfortable environment possible to put your mind at ease. The practice offers digital x-rays, sports medicine treatment, custom orthotics and more, all with the utmost professionalism.

BEST PSYCHOTHERAPIST

RESILIENT MIND PSYCHOTHERAPY

541 Bay Ridge Parkway, Brooklyn
(929) 200-3049 - resilient-mind.com

Whether you are suffering from depression or have anxiety or trauma to unpack, taking on therapy can appear like a daunting task. The best psychotherapists in Brooklyn can be found at Resilient Mind Psychotherapy. Founded by Yana Shenker, the team at Resilient Mind Psychotherapy use multiple approaches to guide their patients toward the path of healing, including Cognitive Behavioral Therapy, Mindfulness and Somatic Approaches, Dialectical Behavioral Therapy, art therapy for children, and Ketamine-Assisted Psychotherapy. The team prides themselves on creating a bright, welcoming environment for their patients, leaving behind the stigma of a dark, dreary therapy office. The practice offers single, couples and group counseling, and there are online options available for those who prefer or need that route, so there is something for anyone who needs the services of Resilient Mind Psychotherapy.

BEST RADIOLOGY

OPTUM RADIOLOGY (FORMERLY BAY RIDGE MEDICAL IMAGING)

2005 Coney Island Ave, Brooklyn
(718) 375-1300 - brmi.org

Optum Radiology stands out as the premier radiology provider in Brooklyn, offering comprehensive, patient-centered care in a single location. With a commitment to excellence and patient well-being, Optum provides a wide selection of specialty care services tailored to individual health needs. The experienced team of providers works diligently to ensure each patient receives personalized attention and high-quality care. At Optum Radiology, patients benefit from a range of medical specialties, on-site laboratory and radiology services, as well as endoscopy and infusion suites, all designed to streamline care and enhance convenience. This all-in-one approach allows for efficient diagnostics and treatment plans, leading to better health outcomes. Optum Radiology's state-of-the-art technology and dedication to patient comfort make it the best choice for radiology services in Brooklyn. The goal is simple: to keep patients healthy and feeling their best by offering exceptional care with a compassionate touch.

BEST REHABILITATION CENTER

SEAGATE REHABILITATION AND NURSING CENTER

3015 W 29th St, Brooklyn
(718) 266-5700 - seagater rehab.com

The right rehabilitation center can mean the difference between full mobility after an accident or surgery or not. Brooklyn's Seagate Rehabilitation and Nursing Center is the best of the best when it comes to rehabilitation services. The center combines a unique blend of high-level health care services and technological innovation, allowing patients to heal completely. The staff is warm and welcoming, and provides an uplifting environment to encourage their patients to work hard for the future of their mobility. The practice offers short term and long term care, and each experience is tailored to fit your specific needs, even if that means becoming a resident of the center while you go through your healing journey. So don't wait, if you need rehab, come by Seagate Rehabilitation and Nursing Center.