Dr. Sheila Barbarino is a board-certified surgeon with extensive experience in cosmetic surgery and non-invasive procedures as well as a background in research, training other physicians and academics. A fellow of the American Academy of Cosmetic Surgery and a member of the American Academy of Facial Plastic and Reconstructive Surgery, Dr. Barbarino has worked in this field for six years. She completed her residency at New York University/Manhattan Eye, Ear and Throat Hospital, and she completed fellowships in oculoplastics and full-body and full-face cosmetic plastic surgery.

What would you like potential clients to know about you?
“If you’re thinking about cosmetic procedures or plastic surgery, your choice in a specialist should not be taken lightly. I fully relate to the desire and needs of all individuals who want to look their best. I walk my patients through all the options available to them so they understand the entire range of treatments. As a body contouring and facial specialist, I personalize my techniques and approach to each patient’s cosmetic goals, preferences and lifestyle.”

What’s most rewarding about your work?
“The ultimate reward is to see my patients have new levels of confidence. I believe in an integrated approach to beauty. My skills and procedures can enhance and improve certain aspects of this, but a complete approach to health and beauty is also critical.”

Do you offer a signature service?
“My very natural but very effective face and neck lifts. It’s so nice to restore my patients’ sharp and tight chin/neck junction; it helps them look younger, thinner and healthier. Another signature service is my advanced techniques in injectables.”

How do you stay on top of the latest trends and advances in your field?
“I attend numerous conferences and scientific meetings every year, perform peer reviews for established academic journals, author papers by performing clinical studies for new, innovative techniques and technology, and read academic journals constantly.”

What is the biggest benefit your clients gain from seeing you for their health and beauty needs?
“Cosmetic procedures produce effective results, affecting the total wellness of the client. This can make a client content with certain aspects of themselves and in turn increases the quality of personal relationships, awakening that same thirst for self-improvement.”

“The art of pampering your skin, face, and body should be an enjoyable, gratifying experience.”

What is the biggest benefit your clients gain from seeing you for their health and beauty needs?
“Cosmetic procedures produce effective results, affecting the total wellness of the client. This can make a client content with certain aspects of themselves and in turn increases the quality of personal relationships, awakening that same thirst for self-improvement.”