ABOUT THE PRACTICE

Transforming wellness, *one life at a time.*

Alluring Age is a physician-led anti-aging and wellness center in West Islip, on Long Island's South Shore. Founded by Dr. Luis Fandos, MD, its founder and medical director, the practice blends anti-aging and regenerative medicine with the goal of slowing the aging process and keeping every stage of life vibrant. Care begins with advanced diagnostics, including genetic testing, body composition analysis and metabolic assessments, and targets the root causes of age-related conditions such as hypertension, diabetes and hormonal imbalance rather than symptoms alone. Physicians, nurse practitioners and specialists work side by side across six pillars of care: hormones, regenerative medicine, aesthetics, wellness, diagnostics and peptides. Alluring Age collaborates with the American Academy of Anti-Aging Medicine, the Seeds Scientific Research & Performance Institute and the BHRT Training Academy, and is a certified EvexiPEL provider.

FAST FACTS

Practice	Physician-led anti-aging, longevity and wellness center
Founder and Medical Director	Dr. Luis Fandos, MD, ABAPM
Office	400 Montauk Highway, Suite 106, West Islip, NY 11795
Satellite	Alluring Age East, The Wellness Stop, 146 Mariners Way, Port Jefferson, NY 11777 (limited availability)
Region	Suffolk County, Long Island, New York
Pillars of care	Hormones, regenerative medicine, aesthetics, wellness, diagnostics, peptides
Treatments and diagnostics	51, from BHRT and peptides to DUTCH, PNOE and InBody analysis
Combined clinical experience	70+ years across the clinical team
Hours	Monday to Friday, 10:30 AM to 6:30 PM
Phone	(631) 909-6036
Email	hello@alluringage.com
Instagram	@alluring_age
Facebook	facebook.com/alluring.age

RECOGNITION AND APPEARANCES

2026	Dr. Luis Fandos on iHeartMedia's CEOs You Should Know
2026	Dr. Luis Fandos honored at the 9th Annual Beauty Ball
2025	Dr. Luis Fandos featured on the Boundless Life podcast with Ben Greenfield
2025	Dr. Fandos headlines the State of Women's Health Conference in Bridgehampton
2025	Pina Prainito keynotes the CHIC Summit Leadership Conference in New York City
2025	Dr. Luis Fandos earns Vagus Nerve Certification from the Vagus Nerve Society

ALLURING AGE
ANTI-AGING & WELLNESS CENTER

MEDIA FACT SHEET

SPOKESPEOPLE



Dr. Luis Fandos MD, ABAPM

Functional Medicine Specialist

Dr. Luis Fandos, MD, ABAPM, is the founder and medical director of Alluring Age, with more than 25 years of experience in interventional pain management. He directs the Division of Pain Medicine at South Shore University Hospital and is a Clinical Assistant Professor at the Donald and Barbara Zucker School of Medicine at Hofstra/Northwell.



Pina Prainito BA, MA, CFNC-BC

Nutrigenomics Specialist and Functional Nutritional Counselor

Pina Prainito, BA, MA, CFNC-BC, is a board-certified functional nutritional counselor and a recognized authority in functional nutrigenomics, the study of how nutrients influence gene expression. She brings more than 25 years in education to her counseling, teaching and speaking.



Faisal Mahmood Malik DNP

Nurse Practitioner, Regenerative Aesthetics

Faisal Mahmood Malik, DNP, is a nurse practitioner with more than 11 years in pain management and regenerative aesthetics. A New York University graduate, he specializes in RF microneedling, Fotona laser and regenerative treatments, and helped build the practice's hair restoration protocol.



Stephanie Aguirre PA-C

Physician Assistant

Stephanie Aguirre, PA-C, is a physician assistant with more than 12 years in primary care, pain management and aesthetic medicine, including extensive work with migraine patients. Her aesthetic work favors natural results through minimally invasive techniques.

TOPICS OUR PROVIDERS SPEAK TO

Hormone health and BHRT. Menopause, perimenopause and low testosterone, and what the FDA's updated position on hormone therapy means for patients.

Peptide therapy. What peptides are, how they are used in longevity care, and where the evidence stands.

Longevity and cellular health. Healthspan versus lifespan, mitochondria, and measuring biological age.

Advanced diagnostics. Genetic testing, DUTCH hormone testing, PNOE metabolic analysis and InBody body composition.

Functional nutrition and nutrigenomics. How nutrients influence gene expression, and food and mood.

Regenerative aesthetics. Exosomes, RF microneedling, Fotona laser and hair restoration with natural-looking results.

Women's health and leadership. Wellness as a foundation for professional performance.

Recovery and detox. IV therapy, ozone and EBOO, and KLOUD PEMA therapy.

BRAND COLORS

Alluring Navy	Tree Gold	Navy Depth	Ink	Porcelain	Paper
#284389	#CD8E32	#1A2C5A	#16202B	#F3F1EA	#FBFAF6

Media contact. hello@alluringage.com · (631) 909-6036. For interviews, expert commentary, speaking requests, high-resolution or vector artwork, and fact checks. Please include your outlet and deadline.