



Angelica Kavouni MD FRCS EBOPRAS
Cosmetic Plastic Surgeon



Angelica's news and views

www.cosmetic-solutions.co.uk

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A Knife Too Far? Body Dysmorphia explained

The French Bogdanoff brothers were recently seen out and about at Cannes – much to the shock of the media. It seems they have undergone so much facial plastic surgery that their faces have become distorted and almost inhuman.

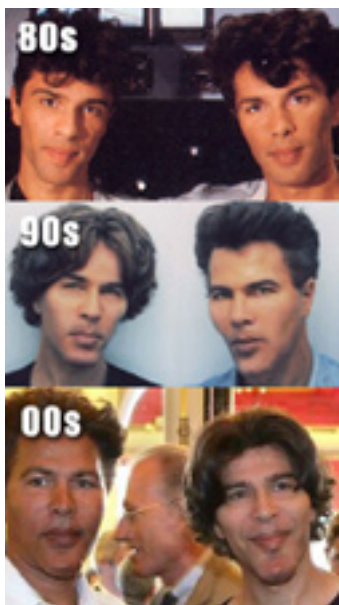
Over the last 5 years I have seen an increase in men seeking chin augmentation to enhance a 'weak' lower jaw – as many see a square chin as a very masculine feature however as these photographs indicate and in my opinion these brothers have taken this more than one step too far.

Plastic surgery addiction is a recognized syndrome/illness and all plastic surgeons are taught to identify patients most at risk of [body dysmorphia](#).

Tell tale signs:

- unrealistic expectations i.e. wanting to look like a celebrity requiring complete change in features
- refusing to acknowledge expert advice
- obsession with body and/or face i.e. constantly wanting more and more procedures

Reputable surgeons will identify these vulnerable patients and try to help accordingly. I have a close relationship with a psychologist to whom I refer an 'at risk' patient although these patients have the right to refuse help and will always be able to find a surgeon to carry out their often misguided requests.





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Turbo charged stem cell enriched fat grafting to blast away wrinkles

There has been a recent flurry of speculation in the press about the application of stem cell technology for anti-ageing. Results have been impressive and the procedure will just get better and better.

Straight forward fat transfers are already easily accessible with most experienced plastic surgeons offering this procedure to give the face and breasts a natural boost but concentrated stem cell fat injections are new and will be playing an important part in the anti-ageing battle.

Angelica: "Stem cell technology is making its mark in all aspects of healthcare and the applications for anti-ageing are very exciting. For this procedure fat cells are removed from the 'donor' area; stem cells are then isolated, mixed with a little of the remaining fat and the solution placed in the target zones. My patients love it as they get a degree of fat removal as well as facial rejuvenation!"

The 'turbo charged' fat bursts with stem cells and not only adds volume to the face but improves skin quality literally turning back the clock on ageing. The effects are permanent but not a treatment for the über skinny as good quality fat needs to be used for this process so you have a spare pocket or two!

From £5000 to £10,000



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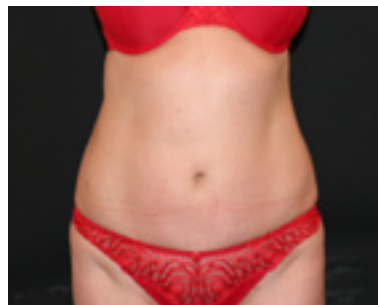
Is your bikini body ready for the big summer reveal?

THE ONLY REAL LUNCHTIME FAT FIX - LIPOSONIX – IS NOW AVAILABLE TO ZAP POT BELLIES AND ANNOYING LOVE HANDLES.

Lipsonix is proving an effective way to blast away stubborn fat pockets. Powerful ultrasound waves move through the target area melting fat on the way; the body removes the treated fat and the skin layers pack down into the void resulting in anything from 2 to 8 cms circumferential loss.

Angelica: "Non-invasive treatments are becoming increasingly popular as women relish the lack of 'downtime'. We all have those areas of fat that seem to be resistant to exercise and diets and this is a great way to rid the body of small pot bellies and annoying love handles."

Book now as it takes around 3 months to see the final results





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NEW TO 129

ONE OF THE LEADING SKIN CARE BRANDS IN GREECE OFFERING COMPLETE AND BESPOKE CARE FOR ALL SKIN TYPES, SYMMETRIA HAS BECOME A PASSION FOR GREECE'S LEADING PLASTIC SURGEON, DR NIKO METAXOTOS, WHO DEvised THE RANGE AFTER COMING FRUSTRATED WITH THE LACK OF REAL OPTIONS FOR WOMEN SEEKING TO NOURISH THEIR SKIN AND TURN BACK THE CLOCK.

Angelica has been bowled over by the range and now recommends it to all her clients: "Symmetria gives women skin care options for all seasons no matter what their skin type. I have to say the eye care spa is a skin care must as the creams nourish, gently hydrate and tightens this notoriously difficult to treat area."

Bespoke protocols exist for individual skin types; whether dry, irritated, ageing or normal skin, or a mix of all - Symmetria offers the solution:

Purify – Soothe – Cleanse – Stimulate – Prevent - Care - Repair – Rejuvenate – Treat – Scrub - Reveal

Try the Symmetria eye spa - it's new and fabulous – the ultimate eye rescue cream 'Symmetria Eye HEAL' for all emergency summer pick-me-ups or for superior nightly nourishment. Use as a night mask or as a cover for your daily eye cream to increase micro-circulation, reducing puffiness and dark circles.

Symmetria's Eye HEAL makes the best short and long haul travel companion; packed with a unique blend of fruit, plant extracts and the most advanced cosmetological ingredients - you will see the difference within days. Compliment 'HEAL' with Symmetria's Eye 'ACT' cream for a daily eye spa and give the delicate eye area the TLC it deserves (and needs) to stay vibrant and line free.

The eye care is the Rolls Royce item of the Symmetria range offering superior results and setting the standard for eye rejuvenation, comfortably putting all other eye care creams in the shade this summer. Massage HEAL gently around the eye area each morning and evening over the top of favourite eye cream or Symmetria ACT.



Eye ACT: soothes and hydrates tired, unhealthy skin, smoothing fine lines and wrinkles. This delicate area is left taught and healthy. Massage gently around the eye area each morning (and evening if wished)

Cost: £70.00 per pot and if used properly, lasts around 4 months

Introductory offer – 25% off Symmetria products and optional free facial with every Botox/filler treatment





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We are pleased to announce Cosmetic Solutions' collaboration with Lowri Turner, TV presenter turned nutritionist and hypnotherapist.

She is available for 1-2-1 consultations on diet and health. Lowri has helped to devise protocols for those of you wanting to optimise your health before undergoing surgery.

Lowri advises on internal ways to 'de-age' skin and hair, improving wrinkles, puffiness, redness, acne/rosacea and hair thinning.

