



DR. NIKOLAOS METAXOTOS MD, PHD

**“Minimum Intervention
MAXIMUM EFFECT”™**

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Dr Nikolaos Metaxotos, MD, PhD, founder of the prestigious Symmetria Medical Center in Athens, Greece, talks to us about the latest beauty trends and what triggered the expansion of his practice into a globally recognized and accepted brand.

Dr Nikolaos Metaxotos MD, PhD is a leading specialist plastic surgeon, offering minimum intervention cosmetic procedures that enhance the ageing face. He studied at the Medical School of the University of Athens and qualified as a doctor in 1992. Soon after, he trained as a plastic surgeon in both the United Kingdom and Greece, where he was also awarded with a PhD on skin cancer and melanoma. In 2001 he received the European Diploma of Plastic, Reconstructive and Aesthetic surgery and Fellow of European Boards of Plastic Reconstructive and Aesthetic Surgery (FEBOPRAS). Over the years he's been known for publishing and presenting several papers on plastic surgery resulting from his extensive research in the field. He is a renowned international speaker. Over the years he has participated in a large number of national and international plastic surgery conferences, often giving lectures or serving as a moderator. In addition, he serves as International Inspector for the American Association for Accreditation for Ambulatory Surgery Facilities International (AAAASFI).

Dr Metaxotos established Symmetria, a world-class anti-aging institute meticulously designed with customer care and comfort in mind, in 2005. Symmetria became a state-of-the-art medical and beauty clinic awarded with the Best Clinic Award in 2015. Dr Metaxotos' vision of creating an environment whereby individuals can come and receive elite services to improve their appearance soon became a very pragmatic reality not only for local but also for international visitors, who choose Symmetria for its high aesthetic standards, excellent reputation and advanced techniques in facial rejuvenation, non-invasive anti-aging techniques and body reshaping.

In 2013, the American Plastic Surgery Practice magazine hosted Dr. Metaxotos on its cover accompanied by an article pertaining to his success story. Furthermore, his work has also been highlighted in British TATLER magazine and the Daily Mail.

Last but not least, Dr. Metaxotos cares greatly about giving back to the community as he is the founder of the I LIVE FOR ME non-profit organization for individuals battling cancer and other chronic diseases. Through his organization he conducts patient seminars, events and an application aimed at raising awareness in terms of introducing cancer-preventative measures, helping individuals already suffering from this disease as well as advising their family and friends.



What is your philosophy regarding aesthetic medicine?

My philosophy is the absolute respect for people and their needs, their limits and sticking by scientific ethos. The approach I have adopted in recent years is the “Minimum Intervention – MAXIMUM EFFECT™ “. This is the current trend internationally in aesthetic plastic surgery, namely the selection of less invasive but equally effective treatments.

In general, Symmetria is characterized for its innovative design, high quality and aesthetics and comprehensive programs that it offers, with modern treatments to rejuvenate the face and body by its professional staff. The medical center has been running for twelve years with a vision to provide high quality services that guarantee the experience and expertise of its partners.

In its twelve years of operation, Symmetria has received several awards.

Symmetria attracts not only locals from Greece, but also a plethora of individuals from abroad, who for twelve years consistently opt to visit the center for its excellent reputation. The Eu-

ropean Business Assembly recently awarded the excellent level of services and modern scientific methods and new technologies that we apply, with the international prize of the Best Clinic Award 2015. Symmetria has also been dubbed by British TATLER magazine for three consecutive years, as well as other international publications, as one of the leading beauty clinics worldwide.

A few years ago you launched the eponymous cosmetics line.

Symmetria cosmetics were first presented in 2008. They are a full facial care range prepared in the French Cosmetic Valley that incorporate the wisdom of nature and the achievements of modern cosmetology. The cosmetics also fall in line with the philosophy of “Minimum Intervention – MAXIMUM EFFECT™” that places emphasis on antiaging. For example, clinical studies have proven the effectiveness of THE ONE Non-Surgical Eye Lift cream from the range, as being able to softens wrinkles around the eyes (the area known as the “crow's feet”). In particular, after 28 days only, with two applications each day (morning - evening), there was a 50.24% reduction in the number of wrinkles.