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An Exclusive Q&A With Dr. Nikolaos Metaxotos MD, PhD of Symmetria

By Dr. Nikolaos Metaxotos MD, PhD

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 European 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 soften 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.

Symmetria is particularly active in the field of health tourism. How is that so?

By taking into account that patients have been visiting Symmetria from abroad for several years, we designed a comprehensive health tourism program, which provides high quality medical services, accommodation in selected hotels in Athens and very competitive prices, of course. We work with Divani Apollon Palace & Thalasso hotel, in one of the most beautiful locations in Athens, where one can undergo the #DivineYou detoxification wellness program. The program includes a special low-calorie menu depending on the needs of