



Angelica Kavouni MD FRCS EBOPRAS  
Cosmetic Plastic Surgeon

## The Body Bible





‘It is always better to be looked over than overlooked’ - mae west

**Ms Angelica Kavouni** MD FRCS EBOPRAS Plastic Surgeon  
is the director of a medical practice specialising in anti-ageing care and cosmetic plastic surgery.

We pride ourselves on our uncomplicated, honest and straight forward approach, offering you a complete range of modern aesthetic surgical procedures and non invasive rejuvenation techniques.

Plastic surgery requires an artistic eye and an expert hand to execute properly and Angelica is known for her perfectionism and attention to detail. She appreciates that a positive body image improves quality of life and the perception of well-being, therefore her team strives to provide you with the latest anti-ageing/surgical procedures in a safe, caring, and relaxing environment.

Minimal scarring is at the top of Angelica's agenda and to this end, her work blends advanced plastic surgery techniques with modern day scar management. This professional philosophy has made her one of the most sought after Aesthetic Plastic Surgeons in the UK.

Angelica: "Some patients come to me with a clear idea of what they would like to achieve whilst others know what they wish to change but don't know where to start. Whichever category you fall into I will endeavour to outline the best options available to you to achieve the best result with minimal intervention. It is not my aim to persuade you to undergo surgery but it is important to arm you with as much information as you need to make the right choice."

Although no one can offer completely risk-free plastic surgery, or guarantee a perfect result, we offer plastic surgery of the highest quality with your safety and satisfaction remaining our priority.

Call us to book a one-to-one consultation with Ms Kavouni. Telephone 020 7486 9040

# The Body Bible for Boobs, Bodies and Butts

Small boobs, big bellies or droopy butts – or more often a combination of them all – every one of us can find something about our bodies to moan about, some seek surgical solutions and others don't. Ultimately it boils down to personal choice and we are here to help guide those who are considering surgery to the right and safe choice for you.

## The Breast Options

One size definitely does not fit all. Before settling on the correct implant for you, Angelica will outline all your options. Using the best cohesive gel implants on the market choose from tear drop or round; under the muscle or on top; subtle or not so subtle...

Our breast 'sizers' are really helpful so be ready to try them out during your consultation.

### **No breast contour without your chicken fillets?**

Consider: Breast augmentation

### **Breasts empty pockets of skin?**

Consider: Breast augmentation

### **Are they heavy, huge and pendulous?**

Consider: Breast reduction or breast reduction with uplift (mastopexy)

### **Breasts drooped beyond all recognition?**

Consider: Uplift or uplift with breast implants

### **Flat or inverted nipples?**

Consider: Nipple correction

## Body

### **Miss your body's feminine curves?**

Consider: Bodysculpture with Vaser™ Liposelection

### **Embarrassed by your bulging belly?**

Consider: Tummy Tuck with or without Liposculpture

### **No excess fat but hanging skin is holding you back?**

Consider: A Mini Tummy Tuck

### **Hate your 'outie' belly button?**

Consider: umbilicoplasty and make it an 'innie'

## Post Pregnancy

Pregnancy can leave a variety of less welcome imprints on the body involving both breasts and the abdomen. Many of you come to us with an idea of what you would like change. It could be a 'simple' mini tummy tuck or a more major change such as combined tummy tuck, liposculpture with breast uplift.

Of course we all embrace motherhood but we do not need to embrace the toll it takes on our body. Whichever path you choose Angelica and her team are here to advise and help.

Post pregnancy surgery is Angelica's area of expertise and women from all over the UK seek her help.

Angelica: "I gain immense personal pleasure and professional satisfaction in helping women regain their pre-pregnancy shape; as a mother myself I know how distressing body changes after a baby can be."

## Butt

### **Bottom moving South?**

Consider: Thigh and leg lipocontouring with fat transfer or filler into the cheeks of your bottom.

# Angelica Kavouni

Ms Angelica Kavouni FRCS EBOPRAS Cosmetic Plastic Surgeon graduated from the medical school of Thessaloniki, Greece and continued her postgraduate studies at the University of Bristol Medical School on a scholarship from the Erasmus European Institute.

She trained in Plastic Surgery in London NHS Hospitals; following her certification by the European Board of Plastic, Reconstructive and Aesthetic Surgery she specialised in Cosmetic Surgery as a fellow at London's Institute of Aesthetic Plastic Surgery – as seen in TV's 'Plastic Surgery School'

Two more years were then spent working as an associate cosmetic surgeon to Mr Jan Stanek of 'Ten Years Younger' fame.

Angelica completed her doctoral thesis (MD) on growth hormone and wound healing for the University of Thessaloniki.

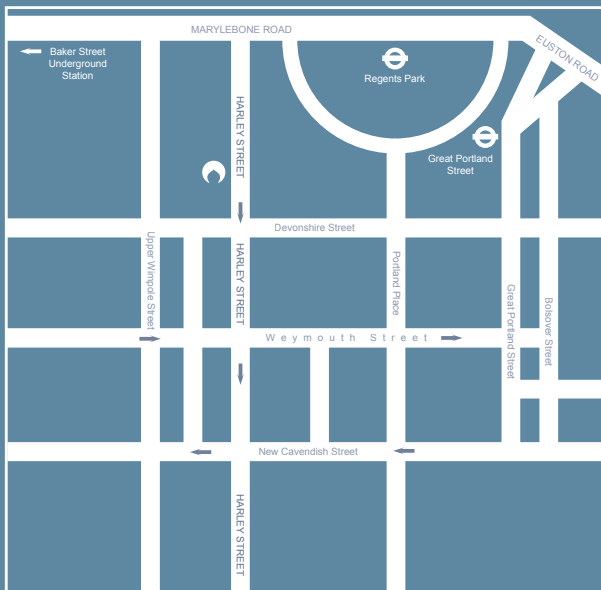
On the General Medical Council specialist register in Plastic Surgery her qualifications include:

- Fellowship of the Royal College of Surgeons of England FRCS
- Fellowship of the European Boards in Plastic, Reconstructive and Aesthetic Surgery EBOPRAS
- Membership of the Hellenic and International Federation of Plastic, Reconstructive and Aesthetic Surgery IPRAS

Ms Kavouni holds a locum consultancy post at London's Chelsea and Westminster Hospital treating HIV related skin disorders.

Personal: Angelica is married to fellow Plastic Surgeon, Mr Lucian Ion and is the mother of two small boys.

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