



The Beauty of Symmetry

Joanna Stavropoulou visits a new medical beauty center that takes a holistic approach

We all want to be beautiful. And nowadays, our modern society can offer us various quick and easy methods to achieve this – a cut here, a tuck there. The new medical, beauty and health center in Halandri, called Symmetria, takes a different approach. It believes beauty can be achieved by looking at the body as a whole and analyzing the deeper causes of ugliness. Symmetria, just as its name implies, believes that beauty can only be achieved through harmony and balance throughout our body.

“Sometimes a happy face looks much younger than an operated face,” says Dr. Nikos Metaxotos, plastic surgeon and founder of Symmetria, acknowledging that this philosophy of his can lead him to loose money. “I believe a lot in the concept of well-being,” he explains, “and I believe in trying to tackle the cause and not what is showing, trying to correct what is inside.”

That is why Metaxotos decided to create Symmetria. He envisioned, and in four years managed to build, a center that is able to take a holistic approach to a patient. Symmetria now offers not only advanced medical services for cosmetic surgery purposes, but also has departments for aestheticians, nutritionists, body fitness trainers, psychologists, cosmetologists and masseurs. The Center is equipped with all the latest technological advances in the field, from the Visia machine which takes a photograph beneath the facial skin to view the unseen problems, to the lower periphery fat burning exercise and heat machine.

“The whole approach to the patient is a team approach,” says Metaxotos, while Dr. Konstandinos Papakonstantinou, one of Symmetria’s other plastic surgeons says that’s what appealed to him as well in joining the center. “Team work is always better because everybody brings in their own expertise,” points out Papakonstantinou, who has trained and worked in the U.S. and Canada. “It is a new concept for the Greek setting,” he says.

The team of experts that Metaxotos brought together is not only the very best in their field but also share his philosophy of giving each patient individual attention and honesty to ensure patient satisfaction. Metaxotos himself worked most of his career in London’s Charring Cross Hospital and thus can apply the highest criteria in his selection of team workers.

This insistence on the highest standards is evident even in the smallest details of the center’s ambience - from the aromatherapy oils perfuming the waiting area to the crystal jars with strawberries and water from which guests can pour to drink. Orchids decorate each room while even the bathrooms are made of fine porcelain with Chanel perfumes for use by visitors.

Taking a massage at the center is also a wonderful experience. For a body massage, different oils will be used, depending on the client – perhaps some ylang-ylang with peppermint and a couple of drops of mandarin. Soft candles sooth the eyes, while relaxing music plays in the background.

In contrast to the massages, having one’s face photographed by the Visia machine is an eye-opening shock. The Visia exposes all of the face’s faults, invisible to the naked eye, such as pores, lines, spots, bacteria and skin unevenness. It can even reveal problems that will appear in future years. This helps the doctors develop preventative treatments designed specifically for each patient.

Prices at Symmetria are what you would expect at a super luxury medical beauty center, yet they are not exaggerated. Prices range between 35 euros for a facial cleaning to 80 euros for a full one-hour “around the world” massage (face and body). An eye lift is between 1,500-3,000 euros or 4,500 euros for a breast augmentation. Reasonable prices are also offered in alternative treatments to surgical interventions, such as the chemical skin rejuvenation treatment whose complete 3-month therapy costs 600-700 euros.

Metaxotos thinks that Greece could benefit greatly from offering alterative forms of tourism and hopes that foreigners will come to Greece for their beauty needs. He is already attracting clients from the United Kingdom who know of his work from favorable write-ups in the newspaper The Daily Mail and from his practice in London. He hopes that his center will become “a point of reference renown for its excellence.”

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