

# Yummy mummy

Get back your body post birth, with a range of treatments from Angelica Kavouni

These days, many women choose to start their family later – which is great news for their careers, but bad news for their bodies. As we age, skin loses its elasticity and ability to ‘bounce back’, which means that the residual effects of those bounteous breasts, glowing skin and growing belly can be difficult to fix. Proper nutrition and exercise help – but advances in plastic surgical techniques combined with modern-day scar management bring good news for those whose bodies need extra intervention.

Angelica Kavouni, Plastic Surgeon, has cosmetic solutions for all of pregnancy's less welcome imprints. “I see increasing numbers of post-pregnant women who have either had multiple pregnancies or who have lost their pregnancy weight very quickly, leaving large amounts of loose, stretched skin around the tummy. A combined tummy tuck and mastopexy can dramatically boost a woman's confidence.”

Kavouni offers a range of post-pregnancy treatments and combinations of treatments, including mini tummy tucks to remove loose skin and stretch marks and tighten the muscles; liposculpture, to give definition to the waist; breast uplift with minimal scarring around the nipple; and both teardrop and high-profile breast implants. Furthermore, Fraxel laser treatments offer an extremely effective and safe way to permanently remove the brown skin pigmentation (melasma) that can appear around the cheeks, eyes, forehead or lips during pregnancy.

Bye bye, birth body: hello, heavenly body.

