

Facial Aesthetics Plan > Procedures, costs, risks & supplements

1. Brow & Orbital / Eye Procedures

Procedure	Cost IT (EUR)	Cost TU (EUR)	Recovery	Risks
Brow ridge reduction	6000/9000	3000/5000	6-12 weeks swelling, full bone healing 6+ months	Numbness, asymmetry, scarring
Orbital/canthus surgery	5500/8000	2500/4500	4-6 weeks	Vision issues, asymmetry, swelling
Medial Canthus surgery	3500/6000	1800/3200	2-6 weeks	Scarring, asymmetry, tearing issues

Notes >

Brow ridge reduction is aimed at lowering the brow ridge for a deeper set gaze, not lifting.

Orbital and medial canthus procedures are to correct asymmetries and optimize the eyes shape.

2. Nose & Face implants

Procedure	Cost IT (EUR)	Cost TU (EUR)	Recovery	Risks
Rhinoplasty	5000/9600	1800/3500	1-2 weeks for public appearance; subtle swelling up to 12 months	Asymmetry, breathing issues, swelling
Face implants	4500/8500	2000/4000	4-8 weeks	Infection, Implant shifting, nerve damage

Notes >

Rhinoplasty ensures nose proportionality to the rest of the face.

Face implants augment low-bone areas for a defined over-all look

Edit:

+Palate Expander, procedure costs (IT) 1.5K/3K (TURK) 800/1800 recovery: 2-4 weeks for adjustment, full expansion 6-8 weeks risks really minor

3. Full stack Supplements & Hormonal support

Supplement / Strategy	Purpose / Benefit
Creatine Monohydrate	Muscle growth, strength, improved recovery
Protein powder	Helps meet daily protein needs for muscle synthesis
Omega -3	Skin health, anti-inflammatory, cardiovascular support
Vitamin D+ Zinc	May support natural testosterone and immune function
Multivitamins/Minerals	Ensure micronutrient sufficiency
Branched-chain amino Acids (BCAAs)	Reduce muscle breakdown, support recovery
Appetite Support	High-calorie liquids (smoothies, nut butters), frequent meals

Sleep optimization	7-9 hours/night enhances, natural growth hormone production
Hydration & low sodium diet	Reduces facial puffiness, enhances jawline definition

Additional Recommendations

- 1. Eyebrow & Hair color** – Darker eyebrows emphasize eye framing; microblading optional for semi-permanent effect.
- 2. Lip symmetry** – Minor botox or filler for upper lip asymmetry. Temporary, Lasts 3-6 months.
- 3. Posture** – Strengthening upper back, neck, and shoulders enhances jawline and facial projection.
- 4. Thumb pulling exercises** – Thumb pulling exercises enhance forward projection; repeat 2 sets of 12 reps daily for optimal results.
- 5. Dental hygiene & whitening** – Bright, healthy, teeth complete the polished look.
- 6. Avoid smoking** – Nicotine naturally reduces appetite and interferes with hormones production; could also cause unwanted face morphs on the long-term run.