
Best Cosmetic Surgeon 2025 (Italy): Elena Giardini

As Martha Beck once said: "Although beauty may be in the eye of the beholder, the feeling of being beautiful exists solely in the mind." Today, people are more aware of their imperfections, as the selfie trend and rise of social media apps like Instagram and Snapchat mean that we see ourselves constantly. For those looking to regain or improve their natural beauty in a safe, comfortable way, Elena Giardini, the reference point for cosmetic surgery in Italy, can help. We chatted with her to find out how.

An aesthetic plastic surgeon professionally trained in both Italy and the USA, Elena Giardini specialises in minimally invasive procedures, using the latest methods, technologies, and techniques across laser, endoscopic, and regenerative medicine to offer the natural results her patients seek in their tweaked appearances. Combined, this creates the 'Elena Giardini Method', the name given to aesthetic transformations carried out in the name of harmony and elegance, and which have started a revolution.

Elena employs these techniques and leverages her knowledge across a wide range of treatments covering everything from female intimate surgery and men's cosmetic surgery through to aesthetic medicine and procedures carried out at her dedicated laser centre. This makes Elena the go-to professional for all of a person's aesthetic and cosmetic needs, an accomplishment reflected through the accolades that she continues to receive.

Discussing how the techniques she employs set her apart from other cosmetic surgeons in the field, Elena told us how she prides herself on staying ahead when it comes to both her research and her processes, resulting in every patient getting the best results without compromising on their safety. A great example of this is the new non-surgical rejuvenation technique she offers for the face and neck, which eradicates the need for the likes of fillers or Botox whilst still offering the same results as these old, more invasive methods.

These same non-surgical techniques have also been found to produce equally impressive improvements in rejuvenating other parts of the body as well, such as the neck, arms, legs, and stomach area. Furthermore, Elena told us: "In 2025, we routinely incorporated regenerative

medicine techniques into all minimally invasive facelift and body contouring procedures. This is because the future of aesthetic surgery lies in tissue regeneration."

Numerous conferences she attended and gave presentations at on the subject of regenerative medicine, with another coming in the form of a coveted spot on the bill at the ISAPS Olympiad World Congress 2025 in Singapore.

Here, Elena explained, she had the tremendous honour of being able to give a presentation on the topic of regenerative medicine and laser liposuction, which is a combined approach that is shaking up the world of aesthetic body contouring. Having been a part of some of the first cases to apply this new regenerative medicine technique to procedures concerning body contouring, Elena was able to present the innovative streak behind her work.

Similarly, the surgical aspect of Elena's role has been afforded tweaks to help with things like aiding recovering and minimising scarring, as is the case with the minimally invasive aesthetic breast surgery this multi-award-winning cosmetic surgeon regularly performs. By introducing subfascial endoscopic mini-invasive breast augmentation, a successful technique that sees the surgery performed under local anaesthetic and which preserves the integrity of the pectoral muscle, Elena is able to offer patients a less invasive experience and very natural results.

In bringing these minimally invasive methods – as well as laser-assisted techniques and endoscopy – into her cosmetic procedures, Elena has introduced new and improved systems to offer benefits such as smaller, more strategic scars and greater pain control, as



well as a shorter post-op period. This is a win-win for her patients, who get the body they have always wanted or a fresher, younger face with less downtime, cost, and pain than they probably thought possible. In essence, this is what makes Elena Giardini exceptional.

Celebrated in this programme for third consecutive year, Elena Giardini had an extraordinary 2025, a year which saw her spread awareness of her pioneering techniques through numerous conferences and also continue to hone her methods in the operating theatre and beyond. We wish this premier cosmetic surgeon all the best for 2026 and encourage our readers to use the link below to find out more about the full range of procedures she provides.

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