What is our Ideal Body Shape?

It is well documented that over the decades our ideal body shape and size has changed from the voluptuous screen goddesses such as Marilyn Monroe and Bridget Bardot to the size Zero celebrities of today.

The average ideal dress size back in the 1940s and 50s was a 12-14, while last decade the ideal shapes of our screen icons changed significantly towards the increasingly svelte sizes of Victoria Beckham and Madonna. However, a poll out at the end of last year revealed that fuller, curvy figures rule as Kate Winslet and Kelly Brook top the survey for the most desirable celebrity bodies.

Whilst we can't all be the spitting image of our favourite Hollywood stars, the good news is that such life changing surgery is not exclusive to celebrities. Those of us who are unhappy with their size and shape can take action and boost their confidence.

The Hospital Group, one of the UK's leading cosmetic surgery clinic, offers a wide range of both surgical and non-surgical treatments from BOTOX® and facial peels to breast enlargement and weight loss surgery.

David Ross, Chief Executive of The Hospital Group said: "At The Hospital Group, people can be assured of a dedicated, professional service, with astounding success rates and a limited waiting time. Our surgeons have years of experience, and can advise you honestly on how The Hospital Group can adapt your body – and ultimately change your life."

The Hospital Group is committed to providing the very highest standards and all procedures are performed by an expert medical team in state-of-the-art facilities that are second to none.

Since The Hospital Group was established in 1992, it has grown from a small pharmaceutical company to one of the UK's foremost cosmetic surgery providers. Contact Details: For further information of The Hospital Group's range procedures, surgery-seekers should visit the website www.thehospitalgroup.org or call our patient care coordinators on 0845 762 6727.

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