

## **Natali Mattos Chooses Shanghai for Facelift and Highlights Her Experience with Dr. Xiao Zhongye**

Based in California, the Brazilian model and influencer traveled to China after following the surgeon's work on social media and speaking with patients who had previously undergone procedures with him.



**San Diego, California Aug 16, 2026 ([IssueWire.com](https://www.issuewire.com))** - At 42, Brazilian model and influencer Natali Mattos chose Shanghai, China, as the destination for her facelift with plastic surgeon Dr. Xiao Zhongye, a specialist in facial rejuvenation, lifting, and contouring.

Based in California, United States, for the past seven years, Natali says her decision came after an extensive period of research into professionals specializing in facial rejuvenation. She discovered Xiao Zhongye's work through social media and began closely following the results of surgeries performed by the doctor.

Before deciding to travel to China, the influencer also spoke with patients who had already undergone procedures with the surgeon. According to her, direct contact with these women played a decisive role in increasing her confidence in the choice.

"I did a lot of research before deciding who would perform my facelift. I discovered Dr. Xiao's work through social media, started following his results, and also spoke with some of his patients. That was essential for me to feel confident enough to make the decision to travel all the way to Shanghai," Natali says.

### Feeling Secure Even Before the Trip

Her relationship with the medical team began before Natali even left the United States. During a video consultation while she was still in California, she had the opportunity to speak with the doctor and learn more about the procedure, the hospital facilities, and how the entire patient experience would work.

During the call, the team showed her photos and videos of the hospital, explained how hospitalization and recovery would take place, and answered the influencer's main questions.

"They made a point of showing me everything before the trip. They explained what the hospital was like, how the care would work, and what I could expect when I arrived. That made a huge difference because traveling to another country for surgery requires a great deal of trust," she says.

When she arrived in Shanghai, Natali says she found the facilities to be even better than what had been presented beforehand.

"Everything they showed me in photos and videos was exactly as described. In fact, I thought it was even better in person. The facilities are excellent, and the entire team was extremely attentive and caring from the very first moment," she says.

### Who Is Dr. Xiao Zhongye?

With more than 27 years of reported experience in clinical medicine and plastic surgery, Dr. Xiao Zhongye has focused much of his practice on facial surgery and rejuvenation.

His work includes facelift procedures, facial rejuvenation, precision facial contouring, and the repositioning of structures responsible for supporting the face.

According to his professional profile, his areas of expertise include facial lifting and contour definition, treatment of the midface, correction of nasolabial folds and marionette lines, treatment of hollow temples and cheeks, as well as procedures designed to improve jawline definition.

The surgeon also has experience in microsurgery and supermicrosurgery and has completed advanced clinical training at Chinese medical institutions including Shanghai Changhai Hospital, Shanghai Sixth People's Hospital, and Shanghai Ninth People's Hospital.

Another approach associated with his work is the so-called 9D Facelift, a facial rejuvenation methodology based on individualized surgical planning. The approach considers factors such as facial anatomy, aging patterns, tissue condition, previous surgeries, and each patient's individual goals.

Depending on the indication, the surgical plan may include smaller incisions, midface lifting, treatment of the SMAS and deeper facial structures, facial contouring, autologous fat grafting, upper-face lifting, and deep plane facelift techniques.

Rather than applying a single technique to every patient, the concept is centered on developing a specific surgical strategy for each individual case.

“He Wanted to Improve My Face Without Taking Away My Identity”

For Natali, this individualized approach became clear during her first in-person consultation with Xiao Zhongye.

According to the influencer, the doctor took time to listen to her concerns, analyze her facial features, and explain the interventions he planned to perform.

“During the consultation, he carefully explained what he would do to improve my face without making me lose my identity. That was extremely important to me. I felt confident because I knew I was in the hands of an excellent and extremely careful professional,” she says.

Natali says the surgeon's concern with preserving each patient's natural characteristics was one of the aspects of his work that impressed her most.

“What I admire most about his work is that he wants the patient to feel good about herself. It wasn't about transforming me into someone else. It was about working with my face while respecting who I am,” she adds.

The Patient Care Became Part of the Experience

In addition to the procedure itself, Natali highlights the level of care she received during her stay in Shanghai.

According to her, the hospital team coordinated transportation between her hotel and the hospital, providing private cars and drivers before and after consultations and procedures.

“From the moment we left the hotel, there was an incredible level of care. They sent a private car and driver to pick us up and then took us back afterward. When we arrived at the hospital, there was already a team prepared to welcome us,” she says.

The care also extended to the influencer's husband, who traveled with her to accompany her throughout the procedure.

"They took wonderful care of me and also of my husband. They were constantly asking whether we needed anything. If I wanted something different to eat, they would order it through an app. If my husband needed something, they were also there to help. The level of service was truly beyond anything I expected," she says.

During her recovery period, Natali also received two bouquets of flowers from the team.

"I received two beautiful bouquets. Those are the kinds of details that show how much care they put into treating their patients. The nurses are extremely attentive and caring. I felt supported and welcomed throughout the entire process," she says.

### An Experience That Changed Her Perception of Patient Care

Accustomed to receiving medical services in different countries, Natali says her experience in Shanghai established a new standard of patient care for her.

"I had never been treated this way in a hospital before. The care, attention, and concern for our well-being are impressive. They genuinely do everything they can to make you feel safe and comfortable," she says.

For the influencer, this combination of hospital infrastructure, personalized care, and medical follow-up was decisive in making the experience a positive one.

"I am incredibly grateful to the entire team and especially to Dr. Xiao. He listened to me, paid close attention to my concerns, and was extremely careful throughout the entire process," she says.

### A New Chapter Between California and Shanghai

After undergoing the procedure and completing the first stages of recovery, Natali says she is pleased with her decision to travel to China for her facelift.

"Today, I am a true admirer of Dr. Xiao's work. He is an exceptional professional, and I would recommend him without hesitation to anyone looking for a physician specializing in facial lifting and rejuvenation," she says.

For Natali, the experience also represented a new phase in her relationship with her own image.

"I wanted to improve certain aspects of my face while still being able to recognize myself. Preserving my identity was essential. Today, I am very happy with my choice, with the care I received, and with how attentive everyone was throughout the entire process," she concludes.



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