

Skin

HEALTH CLINIC

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Treatment Information Sheet

EXOSOMES

Exosomes are tiny, naturally occurring particles released by cells in the body. They act as messengers, carrying important proteins, lipids, and genetic material between cells. In aesthetic medicine, exosomes are used for their regenerative and healing properties, offering new, minimally invasive options for skin and hair concerns.

How Do Exosomes Work in Aesthetics?

Exosomes help improve skin health by delivering growth factors and other active molecules to targeted cells. This process can:

- Stimulate the production of collagen and elastin
- Support tissue repair and regeneration
- Calm inflammation
- Help regulate skin pigmentation

Uses in Aesthetic Treatments

- **Anti-Aging:** Exosomes can reduce fine lines and wrinkles, improve skin texture, and restore firmness by encouraging new collagen and elastin.
- **Scar and Wound Healing:** They speed up the healing process and can help minimize the appearance of scars, including those from acne or surgery.
- **Pigmentation and Skin Brightening:** Exosomes can help even out skin tone and reduce dark spots.
- **Hair Restoration:** They support healthy hair follicles and can help with thinning hair and hair loss.
- **Overall Skin Rejuvenation:** Exosomes boost hydration, resilience, and the overall quality of the skin.

How Are Exosomes Used?

- **Topical Application:** Exosomes are applied directly to the skin, often after treatments like microneedling or laser therapy, to enhance their absorption and effectiveness.
- **Microneedling with Exosomes:** Small needles create tiny channels in the skin, allowing exosomes to penetrate deeper and work more effectively.

Benefits of Exosome Treatments

- Low risk of allergic reactions or side effects
- Suitable for many skin types and concerns
- Little to no downtime or discomfort

What to Expect

Exosome treatments are showing promising results for facial rejuvenation, improving pigmentation, reducing scars, and supporting hair growth. As with any new treatment, results can vary, and ongoing research continues to refine their use and effectiveness.

We are delighted to stock the ExoCoBio brand.



Contact us today to schedule your consultation - hello@skinhealthclinic.ie