

Are Exosomes the New PRP?

As scientists continue to learn more about the exact processes that cause aging, they've been making some *big* discoveries. And some of those discoveries have made their way into aesthetic treatments. The newest weapon in the war against wrinkles? Exosomes. Occurring naturally in our bodies, these little structures can be used to enhance microneedling and laser skin resurfacing treatments, and are even found in some skincare products.

What Are Exosomes?

While the word sounds scientific and mysterious, exosomes actually perform a very straightforward function in our bodies. Essentially, they work like a messenger service, transferring proteins, nucleic acids and growth factors from one cell to another. When added to aesthetic treatments, exosomes promote the production of collagen - the substance that keeps your skin youthful and bouncy - and help with skin cell turnover. These functions are important, since we lose about 80% of our collagen production by age 60, and our skin cell regeneration rate drops off too. You can think of of exosomes as a "power-up" for your skin texture.

Exosome therapy has other medical uses, too. They're thought to decrease inflammation and promote healing, and have been studied as a possible treatment for many conditions, including cancer, organ transplantation and alopecia (an autoimmune condition that causes hair loss).

How Do Exosomes Compare to PRP?

With all of the other anti-aging treatments out there, it can sometimes be tough to determine the differences between them. Exosome treatments are often compared to aesthetic treatments that use platelet-rich plasma (PRP) or platelet-rich fibrin (PRF) - sometimes called "vampire facials." PRP and PRF extract either platelet or fibrin from a patient's own blood and concentrate them into a serum, then reinject them into targeted areas of the face.

PRP and PRF are certainly legitimate treatments (we offer them here!), and many patients have had great success with them. However, the quality of the PRP and PRF serums often varies. If you've been drinking a lot of alcohol lately, for example, or getting over an illness, the serum may not be as effective as it would for someone without those issues.

Exosomes, however, don't have this drawback! Since they're not harvested from your body, you can count on them to be high quality - every time. The exosomes we use at CLIENT go through a rigorous process to deliver great aesthetic results. (More on that later.)

How Are Exosomes Used in Aesthetic Treatments?

Some exosome treatments can be injected into the body, but most are used topically. At CLIENT, we apply an exosome serum just after a microneedling or laser treatment, when the skin is in the best position to absorb it and benefit from it. It's generally pain-free, and the side effects are few.

How Do I Know My Exosome Treatment is Legit?

If you get your exosome treatments from us, you can rest assured that they're top-of-the-line! At CLIENT, we're proud to offer Plated exosome products, which are truly different from most of the others out there. Plated products were developed by physician-scientists who devoted 15 years of research to discovering the renewing power of platelets.

While most medical-grade exosome treatments are derived from mesenchymal stem cells (MSCs), Plated derives theirs from platelets - the tiny blood cells that are also found in PRP and PRF treatments. Featuring a patented Renewosome technology, serums from Plated are shelf-stable, don't need refrigeration, and won't degrade as easily as those made from MSCs.

Did we mention they're also powerful? One pump of Plated INTENSE serum has **15 billion** exosomes. It's not surprising that many patients see visible results in just a few weeks! If you'd like to continue the magic at home, we also offer a full line of Plated products that can be used daily.

The Bottom Line

In the battle against aging, you've got to have the best weapons - and exosomes are truly on the cutting edge of aesthetic technology. If you're interested in adding exosomes to your next microneedling or laser treatment, reach out to us at PHONE to set up a consultation. We're just as excited to talk about them as you will be to use them!