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# REPORT

# TOP 12 NON-SURGICAL ANTI-AGING TREATMENTS FOR HEAD AND NECK

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# Introduction

## Top 12 Non-Surgical Anti-Aging Treatments for Head and Neck

By Dr. Amy VH Blasen, FACEP Avita Health and Wellness

Aging is a natural part of life that often brings wisdom, patience, and self-confidence. However, it also comes with less desirable effects like skin laxity, wrinkles, brown spots, and dryness. The demand for anti-aging treatments is growing rapidly, with the market expected to reach \$119.6 billion by 2030. This surge is driven by an increasing desire to maintain a youthful appearance and improve skin health without resorting to surgical procedures.

At Avita Health and Wellness, we understand the complexities and emotions that come with the aging process. Our educational report is designed to help you navigate the myriad of non-surgical options that are available. With so many treatments to choose from, it can be overwhelming to decide which one is right for you. Each procedure offers unique benefits and targets specific concerns, making it essential to understand your needs and the capabilities of each treatment.

This report aims to guide you through the top 12 non-surgical treatments for anti-aging, providing you with the knowledge needed to make informed decisions about your skin health.

Make  
informed  
decisions  
with  
Avita's  
Treatment  
Guide!

# Procedures

01

## Morpheus8

**Description:** Morpheus8 combines microneedling with radiofrequency energy to stimulate collagen production and tighten the skin.

**Pros:** Effective for reducing fine lines, wrinkles and tightening skin; minimal downtime. Improves skin texture.

**Cons:** Mild discomfort; may require multiple sessions for optimal results.

**Research Insight:** Studies indicate significant improvements in skin laxity and texture with repeated treatments of Morpheus8, making it a reliable option for those seeking non-invasive skin rejuvenation.

02

## IPL (Intense Pulsed Light)

**Description:** IPL uses light therapy to reduce pigmentation, sun damage, and improve skin texture.

**Pros:** Non-invasive, minimal downtime, treats various skin concerns.

**Cons:** Multiple sessions may be needed, potential for some redness and swelling, may not be appropriate for all Fitzpatrick types.

**Research Insight:** IPL is widely regarded as an effective treatment for hyperpigmentation and vascular lesions, with cumulative benefits after several treatments. Excellent for Rosacea patients as well.

03

## Infrared LED Mask/Theralight 360 (photobiomodulation)

**Description:** This LED light therapy mask uses different wavelengths to boost collagen and elastin, reduce fine lines, and improve skin texture.

# Procedures Cont'd

**Pros:** Non-invasive, no downtime, suitable for all skin types, included in most of Avita packages.

**Cons:** Requires consistent use for best results.

**Research Insight:** Clinical trials support the efficacy of LED therapy in collagen stimulation and reduction of wrinkles, particularly when used consistently over time.

## 04

### PDO Smooth and Lifting Threads

**Description:** PDO soft or lifting threads use dissolvable threads to lift sagging skin and stimulate collagen production.

**Pros:** Some immediate results that continue in the first 3-6 months, minimally invasive, stimulates collagen production.

**Cons:** Temporary results (approximately 18 months), risk of infection, bruising, swelling and puckering of the skin.

**Research Insight:** Thread lifts have been shown to provide a noticeable lift with a short recovery time, though results typically last only 1-2 years.

## 05

### Exosomes

**Description:** Exosome therapy uses stem cell-derived vesicles to promote skin regeneration and reduce signs of aging.

**Pros:** Enhances skin texture and tone, promotes collagen production, has anti-inflammatory, antioxidant and regenerative properties and signals fibroblast production for strength and integrity of the skin.

**Cons:** Limited availability, higher cost.

**Research Insight:** Exosome therapy is emerging as a promising anti-aging treatment, with early studies indicating significant improvements in skin quality, elasticity and ability to regenerate at the cellular level.

# Procedures Cont'd

06

## Neurotoxins (Botox, Dysport, Xeomin and Jeuveau)

**Description:** Botulinum injections temporarily weaken and/or paralyze muscles to reduce wrinkles.

**Pros:** Quick procedure, minimal downtime, effective for dynamic wrinkles.

**Cons:** Temporary results, potential side effects like bruising and swelling.

**Research Insight:** Botulinum toxin injections remain one of the most researched and reliable options for reducing dynamic wrinkles, with consistent results across numerous clinical trials.

07

## Fillers

**Description:** Dermal fillers, such as hyaluronic acid and calcium hydroxyapatite restore volume and smooth out wrinkles.

**Pros:** Immediate results, minimally invasive, versatile applications. Calcium hydroxyapatite helps to build collagen.

**Cons:** Temporary results, risk of bruising, swelling, and allergic reactions, rare but significant risk of vascular occlusion.

**Research Insight:** Fillers are particularly effective for volumizing areas like the cheeks, lips, jawline and more with results typically lasting 6-18 months depending on the product used.

08

## Microneedling

**Description:** Microneedling uses fine needles to create micro-injuries, stimulating collagen production.

# Procedures Cont'd

**Pros:** Improves skin texture, reduces scars and stretch marks, minimal downtime.

**Cons:** Multiple sessions required, potential for temporary redness and irritation, not as effective as Morpheus8.

**Research Insight:** Microneedling is shown to significantly improve skin texture and reduce scars, especially when combined with other treatments like PRP, PRF, Exosomes and RF.

## 09

### Chemical Peels

**Description:** Chemical peels use a solution to exfoliate and promote skin regeneration.

**Pros:** Improves skin tone, texture, and clarity.

**Cons:** Potential for redness, peeling, and sensitivity post-treatment depending on the depth of the treatment.

**Research Insight:** Chemical peels are highly effective in treating superficial skin issues like fine lines and sun damage, with deeper peels offering more dramatic results.

## 10

### Low dose Hyaluronic Acid (Skinvive) and PLLA (Sculptra)

**Description:** Low dose Hyaluronic acid injections provide hydration and plumpness to the skin. PLLA (poly-L-lactic acid) is a type of injectable dissolved suture that helps to build collagen over time as well as to help restore some volume.

**Pros:** Hydrates and smooths skin, reduces fine lines. PLLA stimulates collagen

**Cons:** Temporary results, potential for mild swelling and redness and infection. PLLA can also cause lumps that are sometimes difficult to eradicate.

**Research Insight:** Hyaluronic acid is well-documented for its hydrating properties and ability to smooth fine lines, making it a popular choice for enhancing facial aesthetics. PLLA is well known for its ability to stimulate collagen as well as to help with a more youthful appearance.

# Procedures Cont'd

11

## PRP (Platelet-Rich Plasma) and PRF (Platelet-Rich Fibrin)

**Description:** PRP and PRF uses the patient's blood to stimulate collagen and skin cell regeneration.

**Pros:** Natural treatment, improves skin texture and tone.

**Cons:** Multiple sessions needed, potential for temporary redness and swelling.

**Research Insight:** PRP and PRF has shown promising results in improving skin texture and elasticity, particularly when combined with microneedling.

12

## Laser Resurfacing

**Description:** Laser resurfacing uses concentrated light to remove damaged skin layers and stimulate collagen production.

**Pros:** Effective for wrinkles, scars, and sun damage.

**Cons:** Longer recovery time, potential for redness, swelling and, albeit rare, scarring.

**Research Insight:** Laser resurfacing remains one of the most effective non-surgical treatments for deep wrinkles and significant sun damage, with improvements noted after just one session.



# Procedure Table

Treatment	Features	Benefits	Ideal Candidate	Downtime	Longevity of Results	Cost per Treatment	Risks/Side Effects
Morpheus8	Microneedling with radiofrequency energy to stimulate collagen production	Skin tightening, wrinkle reduction, improved skin texture	Patients with skin laxity, fine lines, and wrinkles; suitable for most skin types	1-3 days	1-2 years	Moderate	Mild discomfort, redness, swelling, potential for bruising; requires multiple sessions for optimal results
IPL (Intense Pulsed Light)	Light therapy to reduce pigmentation and sun damage; Lumecca technology	Treats pigmentation, improves skin tone and texture, reduces sun damage	Patients with pigmentation, sun damage, or uneven skin tone; may not be suitable for darker skin tones (Fitzpatrick IV-VI)	None	6-12 months	Low to Moderate	Redness, swelling, mild discomfort, potential risk of hyperpigmentation in darker skin tones
Infrared LED Mask (Theralight 360)	Light therapy with different wavelengths to boost collagen, reduce fine lines, and improve skin texture	Boosts collagen, reduces fine lines, improves skin elasticity	Patients seeking collagen boost and mild wrinkle reduction; suitable for all skin types	None	Results build gradually over weeks	Low	Mild discomfort, requires consistent use for best results
PDO Smooth & Lifting Threads	Dissolvable threads that lift sagging skin and stimulate collagen production	Immediate lift effect, stimulates collagen, reduces skin sagging	Patients with mild to moderate skin sagging seeking immediate lift with minimal downtime	2-5 days	12-18 months	Moderate to Premium	Bruising, swelling, risk of infection; temporary results
Exosomes	Cell-derived vesicles promoting skin regeneration	Improves skin texture and tone, promotes collagen production	Patients looking for skin rejuvenation and improved skin texture	None	Long-lasting results (1-2 years)	Moderate	Limited availability, mild irritation, high cost
Neurotoxins (Botox, Dysport, Xeomin, Jeuveau)	Botulinum toxin injections temporarily weaken muscles to reduce dynamic wrinkles	Reduces dynamic wrinkles (e.g., forehead lines, crow's feet)	Patients with dynamic wrinkles (forehead, crow's feet); suitable for most skin types	0-1 day	3-6 months	Low to Moderate	Temporary bruising, swelling, potential for drooping of eyelid (rare)
Fillers (Hyaluronic Acid, Calcium Hydroxyapatite)	Hyaluronic acid or calcium-based fillers restore volume and smooth wrinkles	Immediate volume restoration, wrinkle reduction	Patients looking to restore volume (cheeks, lips, under-eye); suitable for most skin types	1-2 days	6-18 months	Moderate to Premium	Bruising, swelling, allergic reactions, lumps or unevenness (temporary)
Microneedling	Fine needles create micro-injuries in the skin to stimulate collagen production	Improves skin texture, reduces scars, stimulates collagen	Patients seeking improved skin texture, scar reduction; suitable for all skin types	1-3 days	6-12 months	Low to Moderate	Redness, mild swelling, temporary irritation; multiple sessions required
Chemical Peels	Chemical solution exfoliates the skin to promote skin regeneration	Improves skin tone, reduces fine lines, treats sun damage	Patients with sun damage, fine lines, or acne scars; suitable for lighter skin tones	1-7 days (depending on depth)	6-12 months	Low to Moderate	Redness, peeling, sensitivity; deeper peels may require longer recovery
Low Dose Hyaluronic Acid (Skinvive) & PLLA (Sculptra)	Hyaluronic acid hydrates and plumps skin; PLLA stimulates collagen production over time	Hydrates and plumps skin, stimulates collagen (PLLA)	Patients seeking hydration and plumpness (hyaluronic acid) or collagen stimulation (PLLA)	1-3 days	Hyaluronic Acid: 6-12 months; PLLA: 2+ years	Moderate	Mild swelling, redness, lumps, risk of infection (PLLA)
PRP (Platelet-Rich Plasma) & PRF (Platelet-Rich Fibrin)	Patient's own blood is processed to extract growth factors for collagen stimulation	Natural skin rejuvenation, improves skin texture and tone	Patients seeking natural rejuvenation and improved skin tone; suitable for most skin types	1-2 days	6-12 months	Moderate	Redness, swelling, mild discomfort; requires multiple sessions
Laser Resurfacing	Concentrated laser light removes damaged skin layers, stimulates collagen production	Reduces deep wrinkles, scars, and sun damage	Patients with deep wrinkles, scars, or significant sun damage; suitable for lighter skin tones	5-10 days	1-5 years	Premium	Redness, swelling, potential for scarring, hyperpigmentation in darker skin tones; longer recovery time

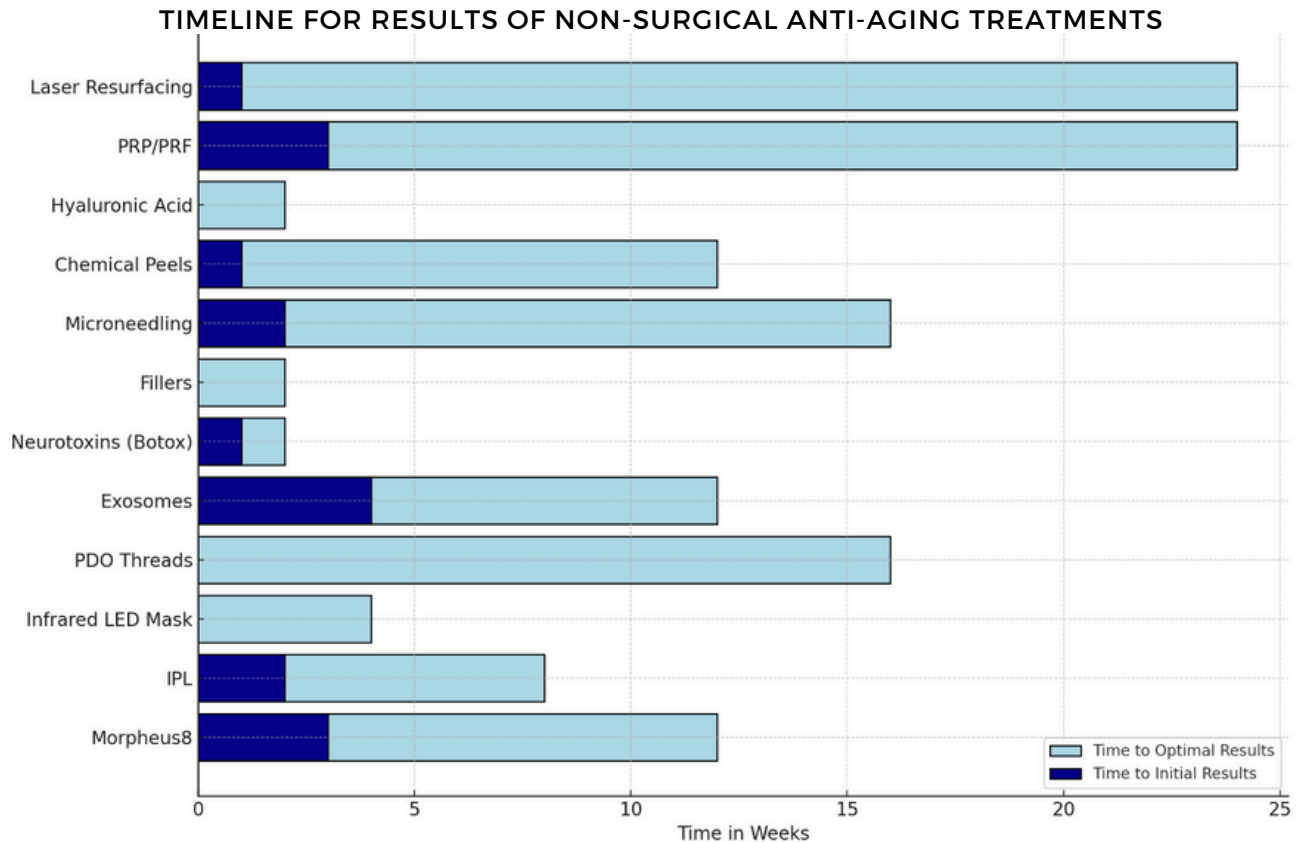
\*Costs: Industry average ranges

Low (Under \$,1000), Medium (\$1,000 - \$2,000), Premium (\$2,000 and above).

# Timeline and Treatments

Treatment	Time to Initial Results	Optimal Results After	Total Number of Sessions for Best Results
Morpheus8	3-4 weeks	3 months	3 or more Sessions
IPL (Intense Pulsed Light)	2-4 weeks	2 months	3-5 Sessions
Infrared LED Mask (Theralight 360)	Immediate (temporary)	Ongoing with consistent use	Ongoing
PDO Smooth & Lifting Threads	Immediate	3-6 months	1 session, lasts 18-24 months
Exosomes	4-6 weeks	3 months	1 to 2
Neurotoxins (Botox, Dysport, Xeomin, Jeuveau)	7-10 days	2 weeks	1 session every 3-4 months
Fillers (Hyaluronic Acid, Calcium Hydroxyapatite)	Immediate	2 weeks	1 session, lasts 6-18 months
Microneedling	2-4 weeks	3-6 months	3-6 sessions
Chemical Peels	1-2 weeks	1-3 months	Varies, typically 1 session every 3-6 months
Low Dose Hyaluronic Acid (Skinvive) & PLLA (Sculptra)	Immediate	1-2 weeks	1 session, lasts 6-12 months
PRP (Platelet-Rich Plasma) & PRF (Platelet-Rich Fibrin)	3-4 weeks	6 months	3-4 sessions
Laser Resurfacing	1-2 weeks	6 months	1-2 sessions

# Timeline and Results



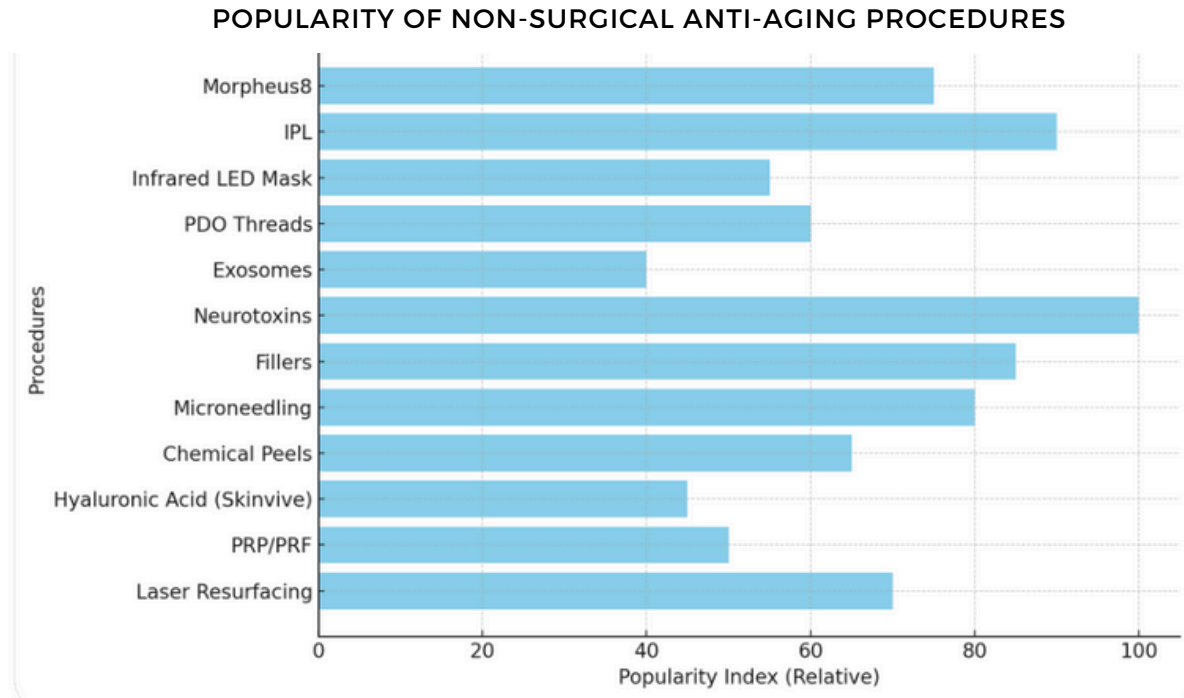
The chart above provides a visual timeline for each non-surgical anti-aging treatment, highlighting both the time to initial visible results and the time to achieve optimal, long-lasting outcomes.

**Dark Blue Bars:** Indicate the number of weeks it typically takes for initial visible results to appear after treatment.

**Light Blue Bars:** Represent the number of weeks required to reach the optimal, long-term effects after completing multiple sessions.

This chart is designed to help readers understand how soon they can expect to see benefits from each treatment and how those improvements continue over time. Treatments with longer light blue bars may take longer to reach their full potential, while treatments with shorter bars may provide faster results, although these may be less sustained in the long term.

# Popularity



Above is the bar graph that illustrates the popularity of the top 12 non-surgical anti-aging treatments. The graph uses a "popularity index" on the horizontal axis, which is derived from the number of procedures performed in the broader industry. The index helps quantify how frequently each treatment is used, offering a clear comparison between them.

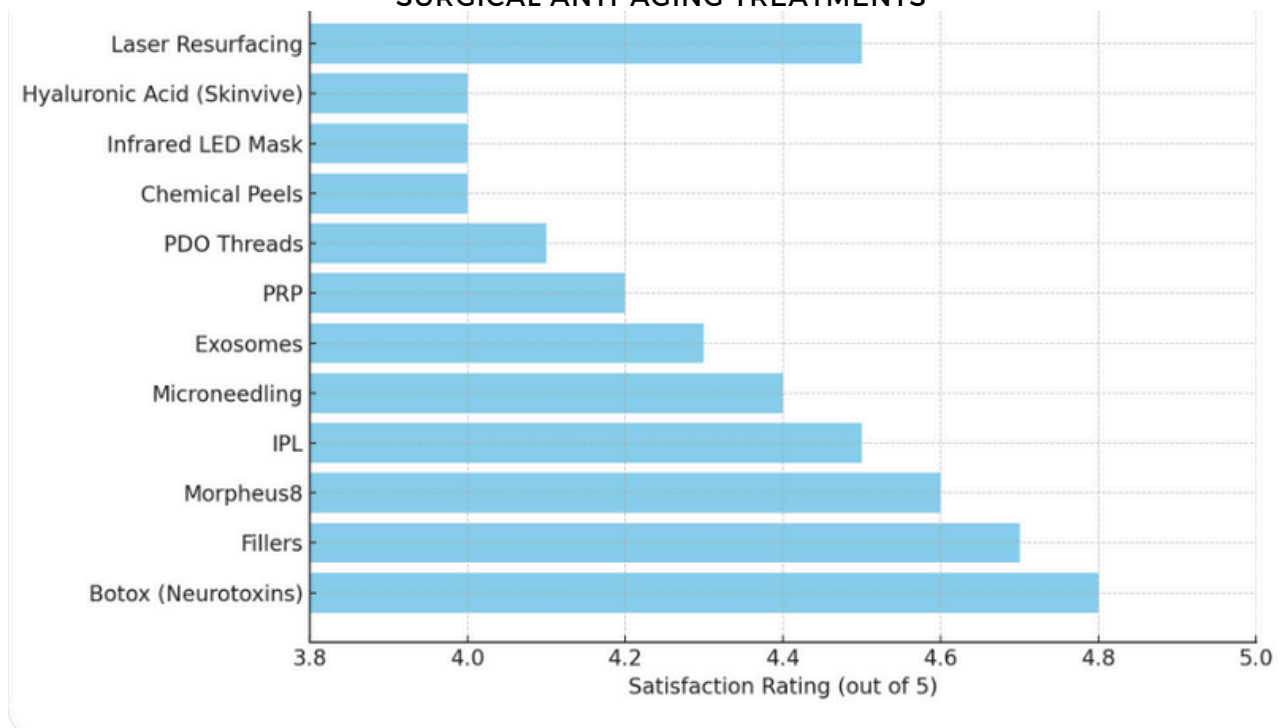
For example, neurotoxins like Botox rank highest in popularity due to their widespread use and proven effectiveness, while treatments such as exosomes are less commonly performed but are growing in popularity as awareness increases.

This visual representation enables readers to easily understand which treatments are most sought-after, helping them make informed decisions. Popular treatments may indicate a higher level of consumer confidence and satisfaction, but it's important to choose a treatment that aligns with individual skin concerns and goals.

In summary, the popularity index helps gauge demand across the industry, providing useful insight into which procedures might be the best fit for a patient's needs and expectations.

# Satisfaction

AVERAGE PATIENT SATISFACTION RATINGS FOR NON-SURGICAL ANTI-AGING TREATMENTS



Above is a bar graph depicting average patient satisfaction ratings for each non-surgical anti-aging treatment, derived from global satisfaction surveys and clinical reviews. These ratings are on a scale from 1 to 5, showcasing treatments such as Botox (Neurotoxins), which leads in satisfaction due to its high efficacy and established reputation. It is followed by Fillers, Morpheus8, and IPL, all demonstrating strong patient approval. Treatments like Laser Resurfacing and Hyaluronic Acid (Skinvive) also display significant satisfaction rates, albeit with more variability across patient experiences.

Note: These satisfaction ratings are not specific to Avita Health and Wellness patients but reflect worldwide data. This graph serves as a useful tool for readers to compare the general approval rates of various treatments, assisting them in making informed choices regarding their anti-aging options.

# The Solution

## “Lift and Glow”

### Comprehensive Non-Surgical Face & Neck Rejuvenation Package

Myself and my team at Avita Health and Wellness are proud to introduce an advanced, comprehensive package that combines the best non-surgical anti-aging treatments available today. This six-session face and neck rejuvenation program integrates Morpheus8, IPL (Intense Pulsed Light), Deesse LED Mask, and Exosomes therapy into one powerful and transformative regimen. Each treatment has been carefully selected for its unique ability to target specific signs of aging, such as wrinkles, sagging skin, pigmentation, and dullness.



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# Lift and Glow Program Overview

## How the Synergy of Treatments Works:

**Morpheus8:** Combines microneedling with radiofrequency energy to stimulate collagen deep within the skin, addressing skin laxity, wrinkles, and fine lines.

**Exosomes:** Derived from stem cell-based therapy, Exosomes accelerate skin healing and regeneration, significantly enhancing the results of Morpheus8 by boosting collagen and elastin production. Exosomes also exert anti-inflammatory, anti-oxidant properties and signal fibroblast production to aid with strength and integrity of the skin.

**IPL:** Targets pigmentation, sun damage, small capillaries and uneven texture, creating an even skin tone and promoting a radiant complexion.

**Deesse/Theralight LED Therapy:** Promotes healing, reduces inflammation, and stimulates collagen production, allowing faster recovery between treatments and glowing skin.

### Key Benefits:

- **Faster and Longer-Lasting Results:** This multi-faceted treatment approach accelerates skin improvement, delivering visible tightening, brightening, and rejuvenation results within a shorter timeframe than individual treatments.
- **Comprehensive Skin Renewal:** Addressing all major signs of aging in one package, from texture to pigmentation, this program provides a complete anti-aging solution.
- **Enhanced Synergy:** Each treatment enhances the others. For example, Exosomes boost the healing and rejuvenation effects of Morpheus8, while LED therapy accelerates recovery and supports ongoing collagen production.
- **Minimal Downtime and Fewer Side Effects:** By integrating healing treatments like Deesse/Theralight and Exosomes, this package minimizes discomfort and reduces recovery time compared to standalone procedures

### Timeline:

12 Visits Over 3-6 Months

Month 1:

Week 1: Morpheus8 + Exosomes

Week 2: Deesse/Theralight

Week 3: IPL

Week 4: Deesse/Theralight

Months 2 & 3: Repeat

## What results can I expect first?

With Avita's Lift and Glow package, the results unfold gradually as each treatment builds upon the last. Here's what you can expect in terms of the timeline for visible improvements:

### First Few Weeks:

- **Initial Boost in Skin Texture and Glow:** After the first few sessions, particularly following Morpheus8 and the Exosome treatment, you will notice an improvement in skin texture. The micro-injuries from Morpheus8 trigger collagen production, making your skin feel firmer and smoother. The exosomes work to accelerate the healing and regeneration process, enhancing the initial tightening effects.
- **Reduced Redness and Skin Inflammation:** As Deesse/Theralight LED therapy is applied, you will see reduced redness and inflammation, which helps with recovery from other treatments. This therapy also contributes to an enhanced glow and overall radiance. In addition, you will feel full body "wellness" with the use of our Theralight 360.

### Weeks 4-8:

- **Reduction in Pigmentation and Age Spots:** After undergoing IPL sessions, you will see a noticeable reduction in pigmentation, including sunspots and uneven skin tone. Your skin will appear more even, and any sun damage will begin to fade.
- **Continued Tightening and Lifting:** With continued Morpheus8 sessions, you'll see a more defined and lifted appearance as collagen production ramps up. The combination of Exosomes with Morpheus8 further accelerates skin firmness and elasticity.

### Months 2-3:

- **Cumulative Results:** By this time, you will just begin to notice the cumulative benefits of each treatment. Skin will appear significantly firmer, with a reduction in fine lines, wrinkles, and pigmentation. Your complexion will look brighter and clearer, and the overall quality of the skin will have improvement
- **Ongoing Collagen Production:** Even after the treatments conclude, your skin will continue to improve, thanks to the long-lasting effects of collagen stimulation from Morpheus8 and Exosomes.

In summary, patients can expect early improvements in skin texture, glow, and reduced inflammation within the first few weeks, followed by more dramatic changes in pigmentation and skin firmness by the end of the program.



# What skin issues can the Avita Lift and Glow package treat?

The Avita package is designed to treat a wide range of skin issues by combining various advanced non-surgical treatments that work synergistically. Here are the primary skin issues the Avita package can address:

## 1. Skin Laxity (Sagging Skin)

- Treatment: Morpheus8 with radiofrequency microneedling and Exosomes.
- How it Helps: These treatments stimulate collagen production, improving skin tightness and elasticity.

## 2. Pigmentation and Sun Damage

- Treatment: IPL (Intense Pulsed Light) and LED Light Therapy (Deesse/Theralight).
- How it Helps: IPL targets brown spots, sun damage, and discoloration, while LED therapy promotes even skin tone and enhances skin health.

## 3. Fine Lines and Wrinkles

- Treatment: Morpheus8, Exosomes, and LED Therapy.
- How it Helps: Morpheus8 and Exosomes stimulate collagen and elastin production to reduce the appearance of fine lines and wrinkles, while LED therapy enhances skin texture.

## 4. Uneven Skin Tone

- Treatment: IPL and LED Light Therapy.
- How it Helps: IPL addresses pigmentation issues, while LED light therapy improves overall skin tone, leaving it more even and radiant.

## 5. Acne and Acne Scarring

- Treatment: Morpheus8, Exosomes, and LED Light Therapy.
- How it Helps: These treatments help reduce active acne, diminish acne scars, and promote skin regeneration to heal damaged tissue.

## 6. Redness and Rosacea

- Treatment: IPL and LED Light Therapy.
- How it Helps: IPL reduces redness and broken blood vessels, while LED light therapy soothes inflamed skin, helping to manage rosacea.

## 7. Enlarged Pores

- Treatment: Morpheus8 and Exosomes.
- How it Helps: Morpheus8 tightens pores and improves skin texture, while Exosomes aid in skin cell regeneration for smoother skin.

## 8. Dull Skin

- Treatment: Morpheus8, LED Therapy, and Exosomes.
- How it Helps: These treatments boost skin radiance, promote regeneration, and help restore a youthful glow.

**Comprehensive solutions through a combination of technologies that target both surface and deeper skin issues. This, of course, should be coupled with medical grade skincare for ongoing results.**

## By How long will Avita package last?

Lift and Glow consists of 12 visits over 3-6 months, provides long-lasting results, but the duration will depend on the combination of treatments and the individual's skin type, lifestyle, and maintenance regimen. Here's an overview of how long you can expect the results to last from each treatment within the package:

### 1. Morpheus8 (Microneedling with Radiofrequency)

- Duration: Results from Morpheus8 can last for up to 1-2 years with proper skin care and maintenance. This treatment stimulates collagen production, so improvements in skin texture and tightness will continue to develop for up to 3-6 months after the last session.

### 2. Exosome Therapy

- Duration: Exosome treatments promote skin regeneration, and the results are typically long-lasting, with improvements visible for 6-12 months. However, since this is a newer therapy, additional sessions may be needed for optimal results.

### 3. IPL (Intense Pulsed Light)

- Duration: Results from IPL treatments can last for 6-12 months, depending on skin type and sun exposure. Maintenance treatments every 6-12 months are often recommended to sustain the benefits.

### 4. Deesse/Theralight (LED Light Therapy)

- Duration: The benefits of LED light therapy build over time and usually last 3-6 months. Regular follow-up sessions are often necessary to maintain skin tone and collagen production.

### Overall Duration of the Package

- Comprehensive Benefits: Combining these treatments in a synergistic package enhances long-term skin rejuvenation. The collagen stimulation from Morpheus8, the regeneration from exosomes, the targeted effects of IPL, and the continuous improvement from LED therapy can provide lasting results for 1-2 years.
- Maintenance: To maintain the optimal benefits, it is generally recommended to have periodic maintenance treatments, such as yearly Morpheus8 session or an annual IPL session.

In conclusion, while you will start seeing results after the first few sessions, the full results can last anywhere from 6 months to 2 years, depending on individual factors and maintenance routines.

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# Conclusion

These non-surgical treatments offer a variety of options for those looking to combat the signs of aging without undergoing invasive procedures. Each treatment has its own set of benefits and drawbacks, so it is essential to consult with a qualified professional at Avita Health and Wellness, to determine the best option for your individual needs. We are here to help guide you through your anti-aging journey with personalized care and evidence-based treatments.

For more information or to schedule a consultation, please contact Avita Health and Wellness today.

## We thank you for your continued support



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## Contact

Avita Health and Wellness  
5100 Marsh Road, Suite B3  
Okemos, MI

support@avitahw.com  
517-235-5303  
www.avitahw.com