

# Peptides

A peptide is an amino acid-based molecule. Known to control molecular signaling and regulation, peptides can be manufactured both from synthetic and natural materials and can be life-changing when given to the right patient. <sup>(1)</sup> In cosmetic medicine, they are **frequently used for skin care, immune system upkeep, hair growth**, and many other treatment types.

[Allegro MedSpa](#) was started and is overseen by two renowned plastic surgeons, [Dr. Heather Furnas](#) and [Dr. Francisco Canales](#). With decades of experience, these two physicians use their knowledge to inform non-surgical and minimally invasive treatments at our medspa in Santa Rosa, CA. If you are interested in learning more about peptides and their uses, you can contact us directly by calling our office at **(707) 537-2111** or by [filling out this form](#) to schedule your private consultation.

## Before & After Photos

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## All About Peptides

Peptides are **short amino acid chains** that can be **biotechnically synthesized** to create **biomimetic peptides**. <sup>(1)</sup> They are commonly used to fight the visible aging process of skin, added to many different cosmetic treatments to **initiate the production of collagen**. Biomimetic peptides are engineered to have certain functions, like increasing cell turnover or delivering certain metal compounds to balance the skin. There are countless studies and clinical trials that have proven the work of synthetic peptides, and they can be a great addition to almost all cosmetic treatment types. Since **they also exist naturally in the body**, utilizing them in cosmetic treatments has seemingly infinite positive effects for many patients. <sup>(2)</sup>

### Peptides Used in Anti-Aging Treatments

In order to produce more collagen, anti-aging treatments can include the peptide **Palmitoyl pentapeptide-3**. This peptide **encourages the production of collagens I and III**, promoting skin rejuvenation and reduction of wrinkles and fine lines. There are a number of other peptides that are synthetically produced to increase collagen production in the skin, and they can be a helpful addition to skin rejuvenation products and treatment plans. <sup>(2)</sup>

## Signaling Peptides

As the skin ages, the production of collagen and other elements naturally slows down, and that's what leads to fine lines and folds. Peptides like Palmitoyl pentapeptide-3 are referred to as **signaling peptides**. This means the amino acid chain signals (on a cellular level) to existing collagen molecules to reproduce and increase their overall amount, leading to collagen and elastin replenishment. Peptides can help fight that process safely and often naturally.

Another signaling peptide is **Tripeptide-41**. This peptide can **significantly reduce the look of cellulite** by stimulating the regeneration of skin and causing **lipolysis** (changing lipids into triglycerides to promote higher metabolism). Tripeptide-41 may also be utilized for weight loss in certain patients. [\(1\)](#)

## Carrier Peptides

Copper is an important metal that the skin produces to increase collagen and elastin. **Copper peptide GHK-Cu** binds to copper and creates an increase of the metal at the cellular level, which leads to the formation of collagen. This **improves the skin's texture and firmness**.

Copper is also **essential for wound healing**. In a study involving the use of face creams containing GHK-Cu, it was shown that the addition of the peptide directly reduced multiple effects of skin aging. [\(2\)](#)

## Peptides Used as BOTOX Alternatives

BOTOX is a neuromodulator that is used to treat wrinkles by relaxing the contracting muscles under the skin. **Acetyl hexapeptide-3** is a synthetically manufactured peptide that **stimulates the same neuromodulation as BOTOX** by interrupting the secretion of certain chemicals from the brain. It is an alternative to the use of BOTOX and has the **same smoothing properties to reduce wrinkles**. Like BOTOX, however, treatment will still need to be repeated after the element is absorbed by the body. [\(2\)](#)

## Peptides Used in Acne Treatments and Hair Growth

These amino chains can promote wound healing as well as **provide protection from certain pathogens and toxins**. **Oligopeptide-10** is a synthetic peptide that is often used to treat acne, and is shown to reduce symptoms caused by fungi and yeast present in the skin. This process works because the peptide **neutralizes bacteria**.

Peptides like **Acetyl hexapeptide-3** are used to promote hair growth and work especially well in treatments dedicated to adding fullness to eyelashes. It works by **activating stem cell production** within the hair follicles. [\(2\)](#)

## Benefits of Peptide Use in Cosmetic Treatments

Peptides have numerous benefits in our journey toward rejuvenation. They can be utilized for: [\(3\)](#)

- **Therapies:** The high potency of synthetic peptides' bioactive elements allows for fast and effective cell rejuvenation.
- **Penetration:** Their molecular makeup is perfect for penetrating the skin easily, allowing for faster activation and stimulation of the cells already present in the body.
- **Increased skin elasticity:** Peptides utilized for skin rejuvenation can effectively improve the appearance of skin at all levels of aging.
- **Biological regeneration:** Since peptides can be found in the body, the use of synthetically manufactured ones can promote your own cell regeneration. This allows the body to essentially help itself.
- **Immune system protection:** Can fight bacteria and fungal interaction when promoting cell production.

## Am I an Ideal Candidate for Peptide Treatment?

You may seek peptide treatment if you want to:

- Reduce the Appearance of Wrinkles
- Treat Chronic Acne
- Brighten and Even Skin Tone
- Increase Hair Production
- Promote Higher Energy Levels and Healing
- Regulate Body Weight

**Peptides can easily supplement other treatment plans.** They are a non-invasive addition to treatments, providing safe cosmetic solutions.

## Personal Consultation

During your consultation, we will ask you to divulge information about your **medical history**, details about **past surgeries**, and any **medications you are currently taking**. We will provide a thorough explanation of all of your peptide treatment options, determining what may work best

for your specific needs. Depending on your cosmetic and health goals, we may suggest a **medical examination** to rule out any inconsistencies or discrepancies that could affect your treatment plan. Your first peptide treatment may be administered **the same day as your consultation**. If you require multiple appointments, they will be sure to schedule these with you as well.

## HydraFacial MD

At Allegro MedSpa, we offer many **non-invasive skin rejuvenation treatments**. If you are seeking peptide treatment to reduce wrinkles and add radiance to your skin, you may consider receiving a [HydraFacial](#). This treatment is a highly customizable facial that can be personalized to suit each patient's specific needs. **HydraFacials can incorporate different serums, peels, and cleansing systems** to allow our patients the best possible all-encompassing facial treatment in one sitting. This treatment can be repeated every four to six weeks for long-lasting results, and only take around 30 minutes to complete. We even offer monthly memberships for patients who want to keep their rejuvenated facial features for longer.

## How Much Does Peptide Treatment Cost in Santa Rosa?

The total cost breakdown of your peptide treatment will be discussed during your initial consultation. It will depend on what your plan looks like, how long it will take, and whether or not you have to continue treatment for an extended period of time to see results.

To schedule your private appointment to discuss peptides, fill out this [online form](#), or call our Santa Rosa office at **(707) 537-2111** today.

## FAQ

What do peptides do to the skin?

Peptides have the ability to increase moisture retention in the skin, enhancing its hydration levels. Improved hydration not only gives the skin a plumper and healthier appearance but also helps reduce the visibility of fine lines and wrinkles. Additionally, peptides support the production of elastin, a protein responsible for maintaining skin elasticity, resulting in a more supple and resilient complexion.

Can peptides help me reduce the appearance of wrinkles?

Yes, peptides have shown promising results in reducing the appearance of wrinkles and improving skin firmness. By stimulating collagen production, peptides help strengthen the skin's

structure, making it more resilient and less prone to sagging. This can result in smoother, tighter, and more youthful-looking skin.

Is there an optimal age to start using peptides for skin radiance?

There is no specific age to start using peptides for skin radiance, as each individual's needs and concerns vary. However, it is generally recommended to incorporate peptide-based skincare products into your routine as soon as you begin noticing signs of aging, such as fine lines and loss of radiance. Starting early can help maintain and improve skin health, preventing the progression of visible signs of aging.

Can peptides be combined with other anti-aging treatments?

Absolutely! Peptides can be effectively combined with other anti-aging treatments to maximize their benefits. Whether you choose to incorporate them into your daily skincare routine or combine them with professional treatments such as chemical peels or laser resurfacing, peptides can complement and enhance the results of other anti-aging interventions.

## References

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