Vitaglow

Vitaglow refers to a procedure that may be used as a complement to surgical or non-surgical techniques in facial rejuvenation and age management. The in-office set-up involves micro-injections of a combination of multivitamins, antioxidants, with or without hyaluronic acid. The procedure is painless and involves no downtime. The potential for complications is minimal, and the effects are subtle but immediate.

Vitaglow originated in mesotherapy, the French technique that involves injections of various medications into the middle layer, or mesoderm, of the skin. While mesotherapy has been met in the United States with some controversy in the treatment of localized fat deposits and cellulite, mesoglow or mesolift, as referred to in Europe, has been relatively unchallenged.

After a history and skin assessment, a combination of “ingredients” is chosen that is specific for the skin type and condition. The Vitaglow procedure then proceeds with cleansing of the face and application of the multi-vitamin therapy. Vitamins that are typically injected include, but are not limited to, vitamins B, C, and E, as well as the elements selenium, copper, zinc, and manganese. The vitamin “cocktail” is allowed to absorb into the skin, and the residual is “sealed” with a cooling facial mask which is also custom blended to suit specific skin’s needs. The total procedure time, depending upon the skin’s level of hydration, is approximately 20 minutes.

The French, who first described the therapy, purport that there are three major effects of the Vitaglow treatment: 1) super skin nutrition (vitamins and minerals); 2) increased radiance (a healthy “glow”); and 3) increased tonicity and skin firmness over time with repeated sessions (due to intentional collagen stimulation). In order to optimize results, it is beneficial to follow Dr. Madhère’s holistic prescription for “Healthful Beauty,” including appropriate nutritional modification with possible oral supplementation, stress management, skin type-specific skin care regimen, and sufficient exercise. The best results are achieved by beginning from within and using complementary modalities from the outside-in!

When undergoing the Vitaglow therapy, it is also helpful to present after a deep facial cleaning by having a facial and professional microdermabrasion two-three days in advance. If this is not available, performing a gentle facial scrub on the morning of the procedure will suffice. After completion of the procedure (approximately twenty minutes), a soothing facial mask will be applied to 1) “seal in” the multivitamins, 2) close the pores; 3) help maintain hydration imparted by the therapy, and 4) remove any residual vitamin staining (vitamin C). Results last up to one week after the first session. Positive effects from Vitaglow progressively increase in duration after at least three bi-weekly sessions. It is important to help maintain results be using skin care products at home that are hydrating and that may help to stimulate collagen.