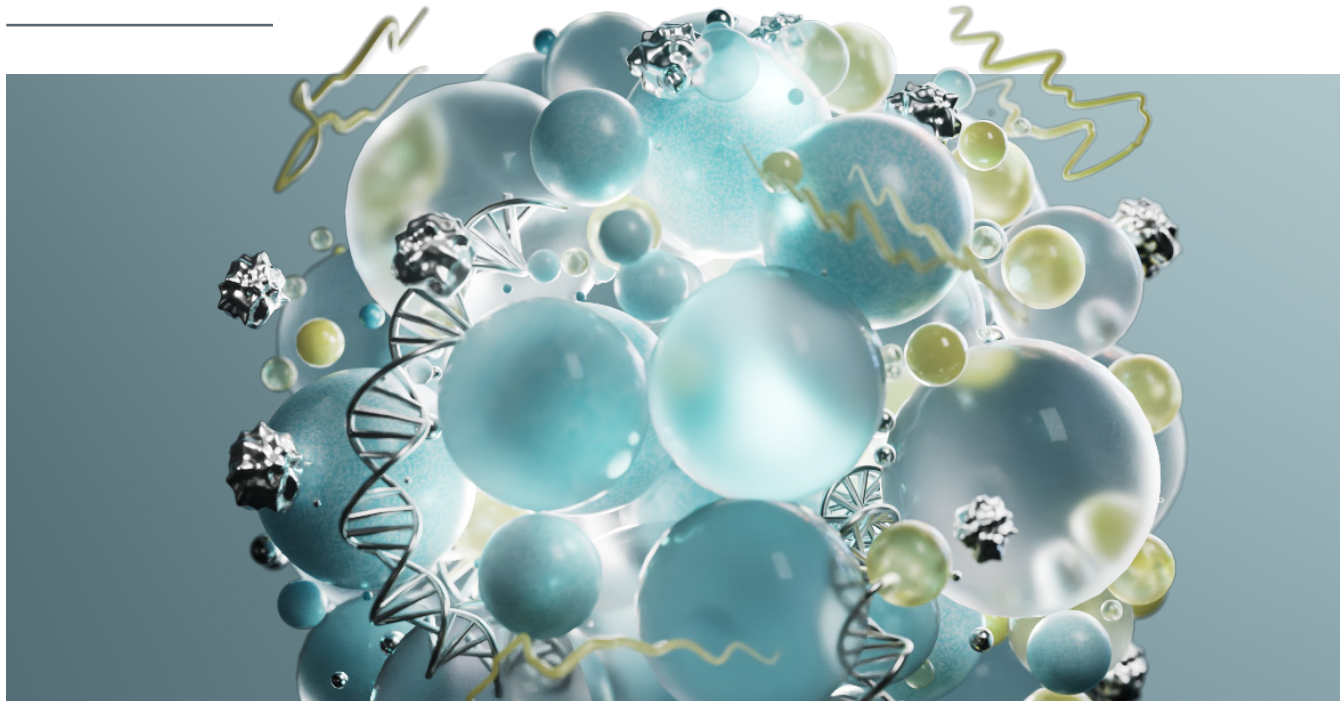
Exosomes, explained: how this breakthrough ingredient supports skin regeneration



Exosomes are changing the science of how skin renews itself. Here's everything you need to know.

- Exosomes are cell messengers that help support the skin's natural regeneration process.
- As we age, natural skin regeneration slows – leading to visible signs like dullness, fine lines, and uneven texture.
- Phyto Nature E^2 pairs exosomes with exfoliating enzymes to visibly renew and resurface skin daily.

Exosomes are transforming the future of skin care, helping us better support the skin's natural ability to renew itself. But what are they – and what can they actually do for your skin? Here's what to know.

What are exosomes?
Exosomes are biological packages created by living cells. They're also **the body's natural cell messengers:** each carries regenerative signals that help cells communicate, playing a vital role in the skin's ability to function and renew itself.

How do exosomes benefit the skin?
As skin ages, its ability to renew itself slows down. Cells stop sending the right signals, and natural regeneration stalls. As a result, changes start to appear on the surface: fine lines form, texture becomes less smooth, and skin can start to look dull or uneven. That's where exosomes come in – they act as messengers, helping restore communication in multiple layers of skin's surface to support the regeneration that healthy-looking skin depends on. This helps maintain skin's texture, tone, and overall radiance.

What skin concerns can benefit from exosomes?
Exosomes are especially well-suited for skin experiencing visible signs of aging, uneven texture, or dullness. In professional treatments, they help support the skin's recovery process after advanced services like microneedling or peels. At home, they help smooth, brighten, and visibly reduce the appearance of fine lines and wrinkles over time – making them ideal for anyone looking to support skin's natural renewal process on a daily basis.

Are all exosomes the same?
Exosomes can be derived from a number of sources – including human, animal, plant, and bacterial. Dermalogica uses only vegan exosomes, carefully selected for their performance and purpose in skin care:

- **Plant-based exosomes** for at-home use help support skin regeneration and renewal over time.
- **Bacterial exosomes** for professional settings to help enhance post-treatment recovery and accelerate visible results.

How do in-office and at-home exosome treatments work together?
They're designed to complement each other. In the treatment room, exosomes can be paired with microneedling or other advanced modalities to help support visible recovery and optimize results. At home, daily use formulas help keep the regeneration process going – supporting smoother, brighter, more resilient skin day after day. Used together, they offer continuous support for skin's natural renewal.

Where should I start if I want to add exosomes to my skin care routine?
Dermalogica leads the way in exosome-powered skin care, offering expert solutions for both professional treatments and daily routines. In the treatment room, **Exo Booster** uses bacterial exosomes to help support visible recovery and enhance results after services like microneedling or chemical peels. For daily use, **Phyto Nature E^2** pairs plant-based exosomes with exfoliating enzymes to help support skin's natural renewal over time.