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The untold truth of vampire facials



anyway? Is it really the fountain of youth or just another skincare trend du jour? I asked several medical experts to reveal the untold truth of Vampire Facials.

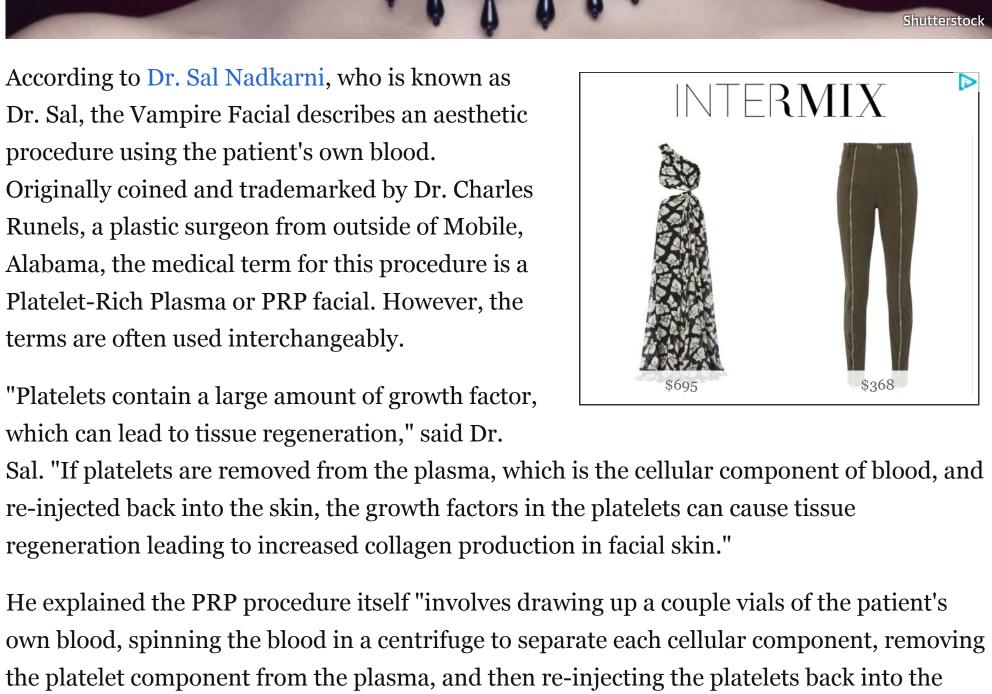
Amanda Lauren @Amanda Lauren

While Vampire Facials sound scary, they are really anything but. They do, however, involve

blood. First made popular by none other than Kim Kardashian, the Vampire Facial has gone

mainstream. But what exactly is a Vampire Facial and what does it have to do with vampires

Vampire facials have nothing to do with vampires



face." Vampire Facials aren't the "Fountain of Youth" but they do make you look younger



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bullet, but they are a great treatment for a variety of skin issues including "acne, acne scarring, melasma, wrinkles, and lines. Additionally, she noted, "[It is also great for] overall skin maintenance." Dr. Goldenberg explained to me how this procedure helps these conditions. "Microneedling stimulates collagen production and breaks up acne scarring. It also helps the epidermis to

PRP makes you look younger because "the growth factors help collagen production and

why PRP is so popular is that for Dr. Goldenberg's patients, "it has little down time and

improve health of the epidermis, helping with scarring and pigmentation." Another reason

refresh and recycle itself, promoting shedding and stimulation of new, healthier

They require your doctor to have very specific

keratinocytes to grow."

virtually no pain."

The word "facial" for this procedure is slightly

all. It's a medical procedure, as opposed to a

Vampire Facials require very specific medical

equipment needed to perform the Vampire Facial

(PRP) procedure are phlebotomy kits in order to

equipment, as Dr. Sal explained. "The main

and is only administered by medical

then re-injected back into the face.

professionals.

office

deceiving. A Vampire Facial isn't a really a facial at

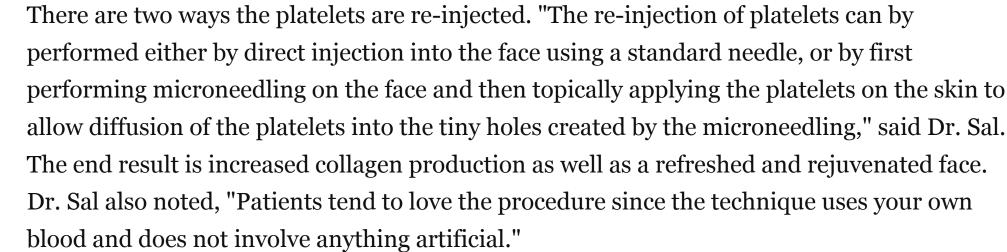
cosmetic one. It is not performed by an esthetician

label has certainly been applied to the Vampire Facial. But according to Dr. Kristina

Every next big skincare product or procedure is marketed like a "Fountain of Youth," and this

Goldenberg, of Goldenberg Dermatology in New York City, PRP facials might not be a magic

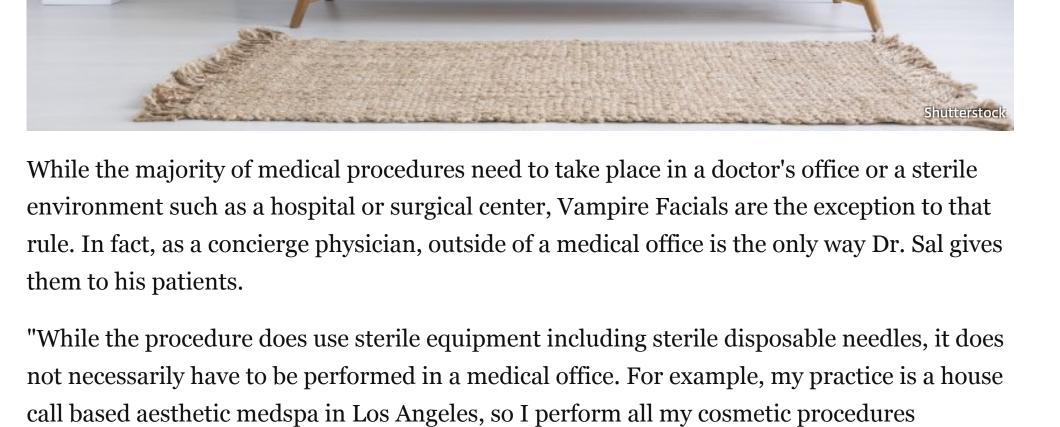




They actually don't need to be performed in a medical

draw blood and a centrifuge to spin the blood in order to separate out the cellular

components of the blood plasma." After the blood is spun, the platelets are separated and



After all, who wants to drive home with bloody face if it is not necessary? Or worse, have your

including the Vampire Facial in the comforts of the patient's own home."

They cannot be a substitute for plastic surgery

neighbors see you immediately after this procedure? Me either.

While Vampire Facials are a very effective

treatment, unfortunately they cannot do exactly

what plastic surgery can. Dr. Gary Goldenberg,

"Plastic surgery such as a facelift pulls the skin up

out. A Vampire Facial helps with skin complexion,

etched in wrinkles and lines, melasma, acne, and

acne scarring. These are different problems than

what a facelift or plastic surgery can help with."

and laterally (to the sides). The extra skin is cut

also of Goldenberg Dermatology, explained,

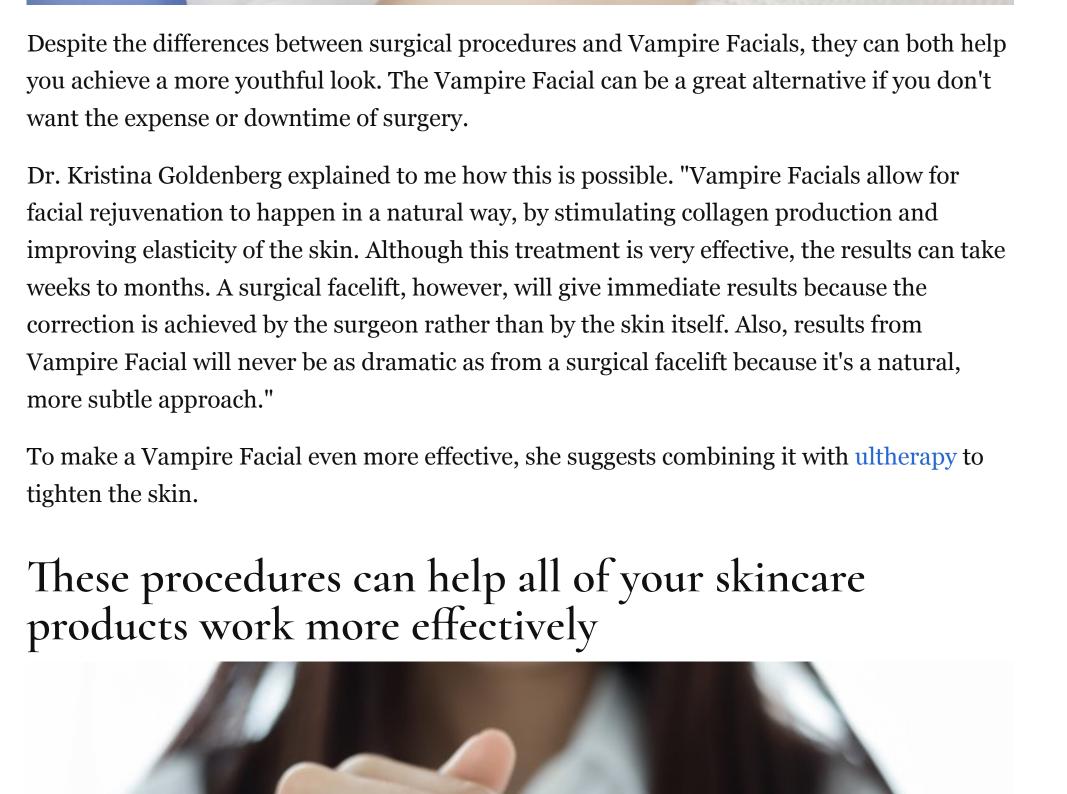


problems that the Vampire Facial can address." ...But vampire facials can be a great alternative to other treatments

Comparing plastic surgery to a Vampire Facial is kind of like comparing apples and oranges.

They're both fruits, but definitely not the same thing. "Plastic surgery cannot help with the

problems Vampire Facial can address," he said. "Surgical treatments cannot solve the



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trying to heal an injury. By creating micro-injuries with microneedling and also placing PRP

You need to take proper precautions after your

Many people who get PRP Facials might be under

suddenly working better, but that is incorrect. The

products themselves aren't changing, but rather,

Beverly Hills plastic surgeon, Dr. Sheila Nazarian

conjunction with microneedling, it tricks the face

into thinking it is massively injured. PRP contains

into those injuries, you get heightened collagen growth."

the signals that are triggered when your body is

explained why. "[Because] the procedure is used in

the skin is healing itself.

procedure

the impression that their skincare products are

Is this just a fleeting trend?

may need to be repeated again.

Dr. Sal told me, "The effects of the Vampire Facial

are fairly long lasting due to the growth factor in

production. However, due to the body's normal

aging process, collagen in your face constantly

depletes each year. So to counteract the constant

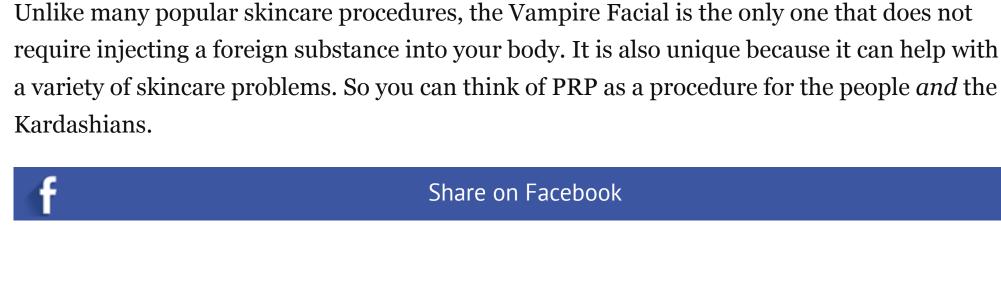
the platelets causing increased collagen

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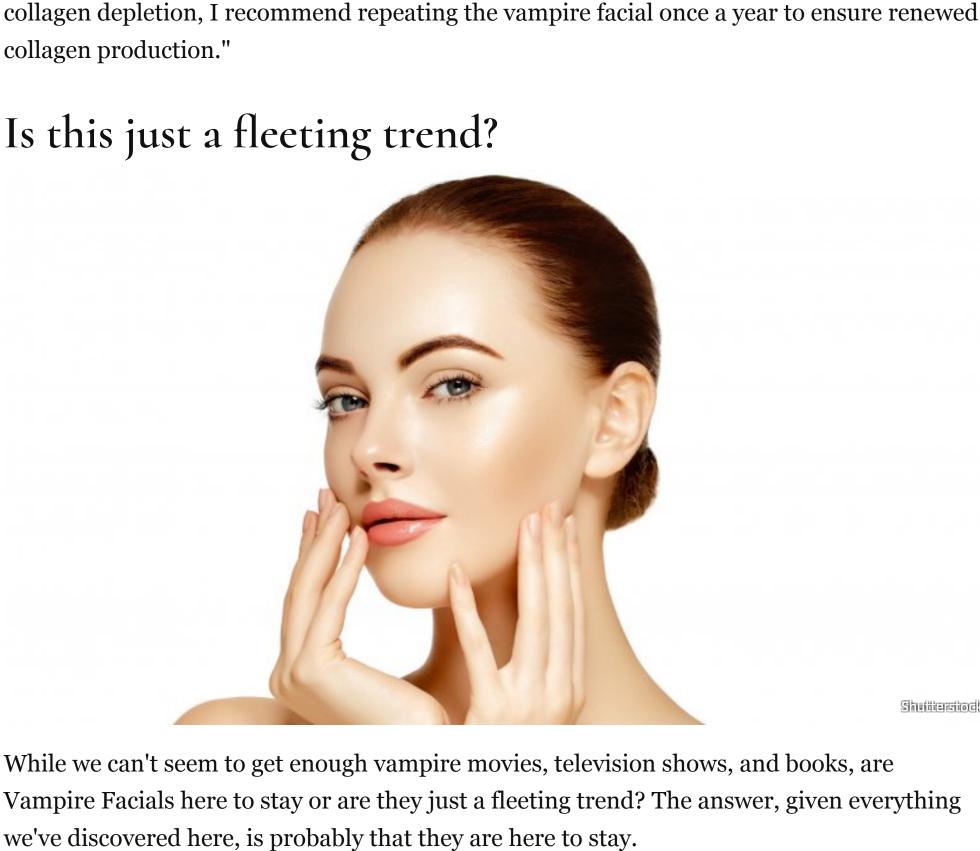


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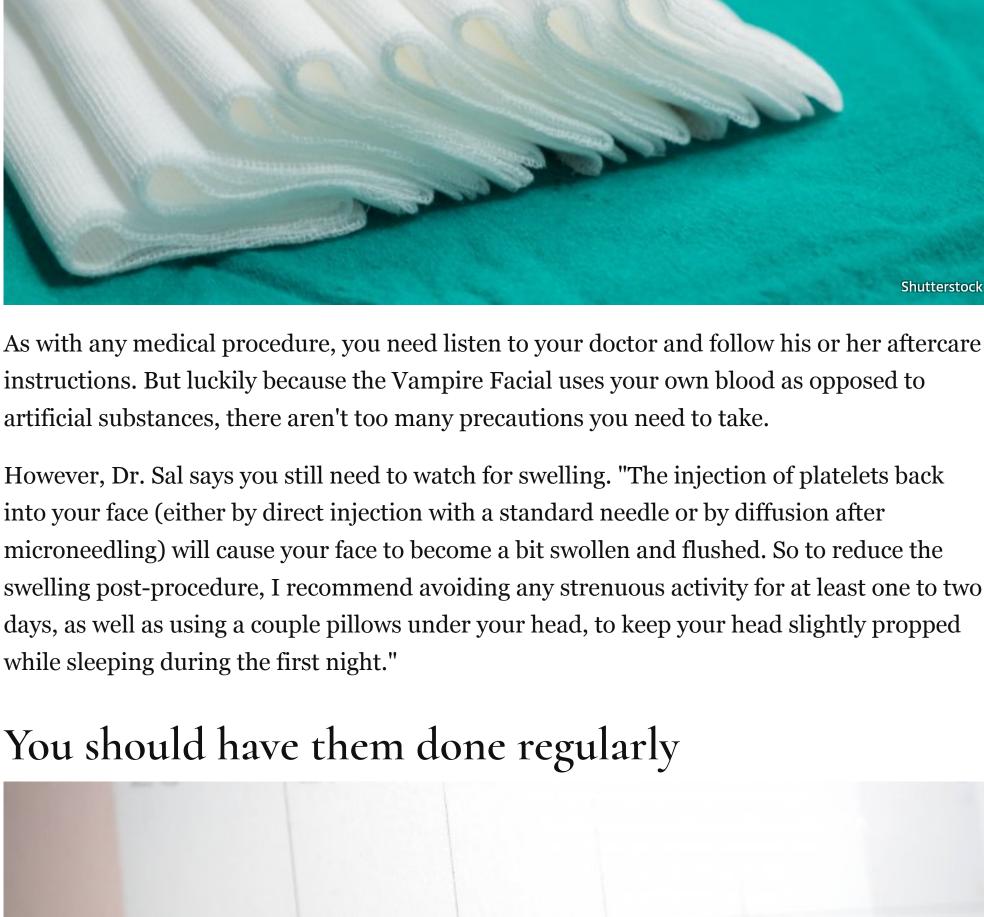
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TEEN SURFER DIES WHILE RIDING WAVES THESE CELEBS WANT **DURING HURRICANE** YOU TO FORGET **IRMA**



15 14 13 Unlike a surgical procedure, Vampire Facials aren't one and done. While the results are long lasting, they aren't permanent and the procedure

Shultherstock While we can't seem to get enough vampire movies, television shows, and books, are

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