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A Handy Guide to Regenerative Aesthetic Treatments

Polynucleotides · PRP · Ellansé
Delivered by medical professionals

**Regulated by
CareQuality
Commission**

What is regenerative aesthetics?

Regenerative aesthetics is the newest chapter in medical aesthetics — and arguably the most exciting. Instead of adding volume or relaxing muscles, regenerative treatments work by switching your skin's own repair machinery back on: stimulating fibroblasts, rebuilding collagen and elastin, calming inflammation and restoring the deep hydration skin loses with age.

Repair, don't disguise

Traditional injectables can disguise the signs of ageing. Regenerative treatments address one of its root causes — declining tissue quality. That makes them ideal for people who want to look fresher and healthier without changing the shape of their face, and for delicate areas such as the under-eyes and neck where conventional fillers can be unsuitable.

The three pillars in this guide

- **Polynucleotides (Plinest®)** — purified DNA fragments that act as cell-signalling molecules, instructing skin to repair itself.
- **PRP (Platelet-Rich Plasma)** — your own blood plasma, concentrated and re-injected to deliver growth factors where skin needs them most.
- **Ellansé®** — a collagen-stimulating filler that provides immediate structure while triggering your body to build its own collagen over the following months.

Medical treatments, medical hands

Every treatment in this guide is a medical procedure. At The Medical Skin Clinic they are performed exclusively by registered doctors and nurse prescribers, in a CQC-registered clinic — because results and safety are inseparable.

Why skin loses its **quality**

From our mid-twenties we lose roughly 1% of our collagen every year — and the fibroblasts that make collagen, elastin and hyaluronic acid become steadily less active. Sun exposure, stress, smoking and hormonal change (especially menopause) all accelerate the process.

What that looks like in the mirror

- Skin that feels thinner, drier and more fragile
- Fine crepiness on the cheeks, under-eyes, neck and décolleté
- Dullness — light no longer bounces off the skin the way it did
- Slower healing, and scars (including acne scarring) that linger
- Loss of firmness along the jawline as the skin's scaffolding weakens

Why creams can't fix it

Even excellent skincare works mainly at the surface. The collagen and elastin that give skin its bounce sit in the dermis — beyond the reach of most topical products. Regenerative injectables deliver their active ingredients precisely where the repair needs to happen, which is why the improvement is structural rather than cosmetic.

The good news: fibroblasts don't stop working — they slow down. Given the right signals (polynucleotides), the right growth factors (PRP) or the right scaffold (Ellansé), they respond at any age. That is the science this guide is built on.

Polynucleotides (Plinest®)

Polynucleotides are highly purified, naturally derived DNA fragments. Injected into the skin, they act as cell-signalling molecules: switching on fibroblast activity, improving elasticity, calming inflammation and drawing in deep hydration. They have been used in regenerative medicine and wound healing for years.

Best for

- Tired, dark or crepey under-eyes — where traditional filler often can't go
- Thinning, fragile or menopausal skin on the face and neck
- Acne scarring and post-inflammatory texture
- Skin quality "prejuvenation" in younger patients

What to expect

A course of two to three sessions, spaced three to four weeks apart, using very fine injections. There may be small blebs or pinpoint marks for 24–48 hours. Results build gradually over the course as your skin genuinely repairs — most patients describe it as looking "well-slept" rather than "treated".

Single session	£350
Course of three (recommended)	£975
Consultation (redeemable against treatment)	£25

Platelet-Rich Plasma (PRP)

PRP is regeneration powered entirely by your own biology. A small blood sample is taken and spun in a centrifuge to concentrate the platelets — tiny cells packed with growth factors. Re-injected into the skin, this golden plasma stimulates collagen production, improves microcirculation and accelerates tissue repair. No synthetic ingredients: nothing goes in that didn't come from you.

Best for

- Overall skin rejuvenation — tone, texture and radiance
- Under-eye hollows and dark circles
- Early hair thinning (PRP is used to stimulate the scalp)
- Patients who prefer a fully autologous, drug-free approach

The RegenLabs® difference

We use the Swiss RegenLabs® system — the benchmark in PRP preparation — including PRP combined with hyaluronic acid (Cellular Matrix) for hydration plus regeneration in a single treatment, and Bio-Filler: your own plasma prepared as a natural volumising gel.

PRP + HA — per session

from £400

Cellular Matrix Bio-Filler — course of two

£1,700

Bio-Filler annual top-up

£900

Ellansé® — the collagen stimulator

Ellansé sits between a filler and a regenerative treatment — and does both jobs. Its gel provides an immediate, natural-looking lift, while its polycaprolactone microspheres act as a scaffold that stimulates your skin to build its own fresh collagen over the following weeks and months. As the gel is gradually absorbed, your own collagen takes over the result.

Best for

- Restoring structure — cheeks, temples, jawline and chin
- Patients who want longevity: results last 2-4 years
- Those who dislike the idea of repeat filler top-ups every few months
- Hands — one of the first areas to show age

Why experience matters most here

Because Ellansé stimulates long-lasting collagen, precision is everything — it is not a product for inexperienced hands. At The Medical Skin Clinic it is placed only by experienced medical practitioners, after a full facial assessment, as part of a whole-face plan.

Ellansé — per ml	£660
Consultation (redeemable against treatment)	£25

How the treatments compare

There is no single "best" regenerative treatment — there is only the best treatment for your skin, your concerns and your timeline. This is how we think about the three pillars side by side:

Polynucleotides — skin repair & quality	Course of 2-3 · builds over weeks
PRP / Bio-Filler — fully natural regeneration	Course of 2-3 · gradual & cumulative
Ellansé — structure + collagen	Single treatment · 2-4 years

Frequently combined

- **Under-eyes:** polynucleotides first to repair the skin, then reassess — often no filler is needed at all.
- **Whole-face rejuvenation:** Ellansé for structure, with polynucleotides or PRP to refine skin quality on top.
- **Menopausal skin:** polynucleotides or PRP alongside Prohilo® and prescription skincare.
- **Acne scarring:** polynucleotides — sometimes with microneedling — to remodel scar tissue gradually.

Our honest-consultation promise

We consult, we don't sell. If one session will do, we won't book you three. If skincare would serve you better than injections, we'll say so. Every plan is built around your anatomy, your goals and your budget — never a sales target.

Questions to ask **your** clinician

Q. What is your profession and what is your background?

A. The answer should be: registered nurse, doctor or dentist.

Q. Which product are you using, and why is it right for me?

A. A good clinician will name the brand (Plinest, RegenLabs, Ellansé) and explain their choice for your anatomy.

Q. What happens if something goes wrong?

A. Your practitioner should be able to recognise and manage complications personally — and prescribe medication if needed.

Q. Who regulates your clinic?

A. Look for CQC registration — the same regulator that inspects hospitals and GP surgeries.

Your next step

Book a £25 consultation at The Medical Skin Clinic in Newmarket. A doctor or nurse prescriber will assess your skin, explain which regenerative options genuinely suit you, and build a personal plan — with no obligation to proceed. The fee is redeemable against treatment.

The Medical Skin Clinic

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