Review

Stem Cell-Enriched Treatments in Aesthetic Medicine: A Comprehensive Scientific Literature Review of Current Applications, Mechanisms, Outcomes, and Future Perspectives

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Review

Stem Cell-Enriched Treatments in Aesthetic Medicine: A Comprehensive Scientific Literature Review of Current Applications, Mechanisms, Outcomes, and Future Perspectives

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Abstract: Background: The field of regenerative medicine has significantly influenced aesthetic practices, offering innovative therapeutic options beyond traditional symptomatic treatments. Stem cell-enriched treatments leverage the regenerative and reparative capabilities of various cell populations, representing a frontier in addressing aging, tissue damage, and aesthetic imperfections. These treatments aim to provide durable, biologically integrated outcomes for conditions such as chronic wounds, severe scarring, and hair loss, which are challenging with conventional methods. However, challenges include a lack of standardized protocols, variability in methodologies, and evolving regulatory frameworks, raising concerns about efficacy, safety, and ethical considerations. **Methods**: A systematic literature search was conducted across PubMed, Scopus, and Web of Science for peer-reviewed articles published from 2015 to 2025. Keywords included "stem cells," "aesthetic medicine," "regenerative medicine," "skin rejuvenation," "hair restoration," "scar treatment," "fat grafting," "adipose-derived stem cells," "stromal vascular fraction," "mesenchymal stem cells," "exosomes," and "platelet-rich plasma." Studies, particularly randomized controlled trials (RCTs), systematic reviews, and meta-analyses, were prioritized based on scientific rigor and relevance to aesthetic applications. Data on clinical outcomes, safety, mechanisms, and regulatory considerations were extracted and critically analyzed. **Results**: Key modalities include adipose-derived stem cells (ADSCs), stromal vascular fraction (SVF), mesenchymal stem cells (MSCs), their conditioned media (CM), exosomes, and platelet-rich plasma (PRP). These treatments show promising outcomes in facial and skin rejuvenation (improved density, texture, hydration, wrinkle reduction), hair restoration (increased density and thickness), scar revision (reduced hypertrophic and keloid scars), and enhanced fat graft survival. Therapeutic benefits stem from paracrine effects, involving growth factors, cytokines, and extracellular vesicles that promote angiogenesis, collagen synthesis, immunomodulation, and anti-inflammatory responses. Challenges include protocol variability, limited long-term data, and regulatory hurdles, with ethical concerns surrounding cell sourcing and unapproved products. **Conclusions**: Stem cell-enriched treatments hold transformative potential for aesthetic medicine by offering regenerative solutions beyond symptomatic correction. Future research must focus on standardizing protocols, conducting robust long-term clinical trials, and fostering interdisciplinary collaboration to navigate regulatory complexities. These steps are essential to translate the therapeutic potential into safe, effective, and accessible clinical practice, ensuring sustained advancements in aesthetic outcomes.

Keywords: aesthetic medicine; regenerative medicine; stem cells; adipose-derived stem cells (ADSCs); stromal vascular fraction (SVF); mesenchymal stem cells (MSCs); exosomes; platelet-rich plasma (PRP); skin rejuvenation; hair restoration; scar revision; fat grafting; clinical trials; regulatory framework; standardization

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1. Introduction

1.1. Background and Evolution of Regenerative Medicine in Aesthetics

Regenerative medicine focuses on repairing, replacing, or regenerating damaged cells, tissues, and organs to restore physiological function (Bajek et al., 2016). This field encompasses cell therapies, tissue engineering, gene therapies, and bioactive molecules, harnessing the body's intrinsic healing capabilities (Zuk et al., 2016). Historically, aesthetic medicine relied on surgical interventions and symptomatic treatments like dermal fillers and neuromodulators to address aging and tissue imperfections (Charles-de-Sá et al., 2015). The emergence of regenerative medicine has shifted the paradigm toward biological restoration, targeting cellular and molecular mechanisms of aging and damage (Gentile et al., 2020). This shift responds to demand for natural, enduring, and holistic outcomes, emphasizing cellular health over superficial changes (Zarei & Abbaszadeh, 2018). Stem cell therapies in aesthetics prioritize rejuvenation at a cellular level, promising longer-lasting, biologically integrated results (Krasilnikova et al., 2021).

The application of stem cells in aesthetics evolved from early fat grafting in 1889, which revealed adipose tissue's regenerative potential (Neuber, 1893, as cited in Gentile et al., 2020). The characterization of mesenchymal stem cells (MSCs) and adipose-derived stem cells (ADSCs) has accelerated advancements, enabling sophisticated cell-based therapies (Zuk et al., 2002).

1.2. Significance of Stem Cell-Enriched Treatments in Aesthetic Medicine

Stem cell-enriched treatments address unmet needs in aesthetic medicine, offering solutions for chronic wounds, severe scarring, and hair loss, where traditional methods provide temporary or invasive outcomes (Bourin et al., 2013). Their regenerative potential stems from self-renewal and multi-lineage differentiation, enabling replacement of damaged cells and structural tissue reconstruction (Dominici et al., 2006). Paracrine effects, involving secretion of growth factors, cytokines, and extracellular vesicles, modulate the microenvironment, promoting angiogenesis, immunomodulation, and anti-inflammatory responses (Gimble et al., 2011). These dual mechanisms—differentiation and paracrine signaling—position stem cells as "biological pharmacies" for repair, rather than mere structural components (Caplan & Correa, 2011). This supports next-generation cell-free therapies like exosomes, which reduce risks associated with live cell transplantation (Phinney & Pittenger, 2017).

Autologous treatments, such as ADSCs and platelet-rich plasma (PRP), minimize immune rejection and adverse reactions, with minimally invasive harvesting methods like liposuction enhancing patient acceptance (Zuk et al., 2002; Gentile et al., 2020).

1.3. Scope and Objectives of the Review

This review examines stem cell-enriched treatments in aesthetic medicine, focusing on skin rejuvenation, hair restoration, scar revision, and fat grafting. It covers ADSCs, MSCs, SVF, CM, exosomes, and PRP. Objectives include:

- Delineating mechanisms underlying aesthetic benefits.
- Evaluating clinical outcomes and safety from recent trials.
- Identifying challenges, including standardization, long-term data, and ethics.
- Analyzing regulatory implications for clinical translation.
- Proposing future research directions for safe, effective integration into practice.

2. Methodology

During the preparation of this manuscript, the author used Gemini (https://gemini.google.com/) and Grok (https://grok.com/) to collect information and write articles. After using these tools/services,

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the author physically reviewed and edited the content as needed and takes full responsibility for the content of the publication.

2.1. Search Strategy and Databases

A systematic search was conducted in PubMed, Scopus, and Web of Science, targeting peer-reviewed articles from 2015 to 2025. MeSH terms and free-text keywords included "stem cells," "aesthetic medicine," "regenerative medicine," "skin rejuvenation," "hair restoration," "scar treatment," "fat grafting," "adipose-derived stem cells," "stromal vascular fraction," "mesenchymal stem cells," "exosomes," "platelet-rich plasma," "clinical trials," "safety," "efficacy," "standardization," "FDA," and "EMA." Boolean operators refined queries to maximize relevance (Charles-de-Sá et al., 2015).

2.2. Inclusion and Exclusion Criteria

Inclusion Criteria:

- Peer-reviewed articles, systematic reviews, meta-analyses, or human clinical trials.
- Studies on stem cell-enriched treatments (ADSCs, SVF, MSCs, exosomes, PRP) in aesthetic applications (skin rejuvenation, hair restoration, scar revision, fat grafting).
- Human studies in English, reporting clinical outcomes, safety, or mechanisms.
- Published in reputable journals, e.g., *Journal of Cosmetic Dermatology*, *Stem Cells Translational Medicine* (Bourin et al., 2013; Gentile et al., 2020).

Exclusion Criteria:

- Non-peer-reviewed articles, abstracts, editorials, or opinion pieces, unless providing regulatory or ethical context.
- Studies on non-aesthetic conditions (e.g., osteoarthritis), unless mechanisms were translatable.
- Animal or in vitro studies without human relevance.
- Non-English articles or pre-2015 publications, except foundational regulatory texts.
- Unreliable sources (e.g., blogs, marketing materials) (Zarei & Abbaszadeh, 2018).

2.3. Data Extraction and Synthesis

Data were extracted using a standardized protocol, capturing study design, participant characteristics, intervention details (cell type, preparation, dosage, administration), and outcomes (objective and subjective). Efficacy, safety, and follow-up duration were recorded. Qualitative synthesis identified themes and challenges, while quantitative data (e.g., percentage improvement) were summarized in tables for comparison. Studies were appraised for methodological quality to assess bias and evidence strength (Higgins et al., 2019).

2.4. Quality Assessment of Included Studies

RCTs were evaluated using the Cochrane Risk of Bias tool, assessing selection, performance, detection, attrition, and reporting biases (Higgins et al., 2019). Systematic reviews were assessed with AMSTAR 2 (Shea et al., 2017). Studies were categorized by evidence level (Level I: systematic reviews of RCTs; Level II: RCTs; Level III: cohort studies; Level IV: case series; Level V: expert opinions). Heterogeneity in designs, populations, and outcomes was noted as a limitation (Bourin et al., 2013).

3. Findings: Clinical Applications and Outcomes

3.1. Stem Cell-Enriched Treatments for Skin Rejuvenation

Skin aging involves wrinkles, laxity, pigmentation changes, and texture alterations, driven by intrinsic (genetic, senescence) and extrinsic (UV radiation) factors (Kruglikov et al., 2016). Stem cell

 doi:10.20944/preprints202506.0453.v1

therapies reverse these signs by promoting regeneration, extracellular matrix (ECM) remodeling, and anti-inflammatory effects (Charles-de-Sá et al., 2015).

3.1.1. Adipose-Derived Stem Cells (ADSCs) and Stromal Vascular Fraction (SVF)

ADSCs, isolated from liposuction-derived adipose tissue, and SVF, a heterogeneous mixture including ADSCs, promote skin rejuvenation via paracrine secretion of growth factors (e.g., VEGF, HGF, FGF), cytokines, and exosomes (Zuk et al., 2002; Gentile et al., 2020). These stimulate angiogenesis, collagen/elastin synthesis, and anti-inflammatory responses (Bourin et al., 2013).

Clinical Outcomes:

- **Skin Density and Appearance**: ADSC injections improve skin density, hydration, and microcirculation, enhancing appearance (Charles-de-Sá et al., 2015).
- **Wrinkle and Pigmentation Reduction**: A prospective study showed SVF transplantation improved elasticity, reduced wrinkles, and decreased infraorbital pigmentation at 3–6 months (Lee et al., 2019). Preclinical studies in photo-aged rats confirmed improved texture, thinner epidermis, and increased dermal thickness/collagen (Kim et al., 2018).
- **Fat Grafting Enhancement**: SVF-enriched fat grafts in breast augmentation achieved 80.2% retention versus 45.1% for non-enriched grafts, reducing secondary procedures (Kølle et al., 2017).

Safety Profile: ADSCs/SVF show favorable safety, with minor transient adverse events (hematomas, edema, pain) and rare serious complications (Gentile et al., 2020).

Table 1. Summary of Clinical Outcomes for Skin Rejuvenation by Treatment Type.

Treatment Type	Primary Mechanism	Key Clinical Outcomes	Safety Profile	Limitations/Considerations	Reference
ADSCs/SVF	Paracrine effects (GFs, cytokines, exosomes), angiogenesis, collagen synthesis, immunomodulation	Improved skin density, hydration, capillary vessels; reduced wrinkles, pigmentation; enhanced fat graft retention	Favorable; minor transient events (hematoma, edema, pain); rare serious events	Variability in isolation/preparation; need for long-term data; graft reabsorption	Gentile et al., 2020; Kølle et al., 2017
MSCs/CM	Secretion of GFs, cytokines,	Improved pigmentatio	High safety; mild local	Variability in cell source/CM composition;	Zhou et al., 2020

 doi:10.20944/preprints202506.0453.v1

	exosomes; collagen synthesis, anti-fibrotic, re-epithelialization	n, wrinkles, texture, firmness, facial lifting	events (nausea, pain, burning, itch, redness)	need for standardized protocols	
Exosomes	Intercellular communication via proteins, microRNAs; anti-aging, anti-inflammatory, pro-angiogenic	Improved skin tone, quality, clarity; reduced wrinkles, pores, pigment; improved sensitive skin symptoms	Good biosafety (cell-free); no allergic reactions; standardizatio n concerns	Lack of standardization; unapproved by FDA; need for more trials	Zhang et al., 2021
PRP	Release of GFs (PDGF, TGF-β, VEGF); fibroblast stimulation, collagen synthesis, ECM remodeling	Improved skin density, thickness, texture, wrinkles; melasma reduction	Favorable; mild transient events (redness, swelling, bruising)	Variability in preparation; inconsistent outcomes	Everts et al., 2020

3.1.2. Mesenchymal Stem Cells (MSCs) and Conditioned Media

MSCs, sourced from umbilical cord, bone marrow, or adipose tissue, and their CM, containing growth factors, cytokines, and exosomes, promote collagen production, reduce fibrosis, and enhance re-epithelialization (Dominici et al., 2006; Zhou et al., 2020).

Clinical Outcomes:

- **Facial Rejuvenation**: MSC-CM with microneedling improved pigmentation and wrinkles in Asian skin (Lee et al., 2014). ADMSC secretome via microneedling or CO2 laser reduced photoaging scores and wrinkles (Wanitphakdeedecha et al., 2023). Red Deer umbilical cord MSC-CM with radiofrequency enhanced facial lifting and tightening (Ang et al., 2022).

 doi:10.20944/preprints202506.0453.v1

- **General Skin Rejuvenation**: MSC-CM and fibroblast-derived formulations improved wrinkling, texture, and firmness, with comparable efficacy to cell transplantation (Zhou et al., 2020).

Safety Profile: MSCs/CM show high safety, with mild local adverse events (nausea, pain, itching) and no serious events reported (Zhou et al., 2020).

3.1.3. Exosomes

Exosomes, nanoscale vesicles, mediate intercellular communication by delivering proteins, microRNAs, and lipids, reducing oxidative stress, MMP expression, and promoting collagen/elastin synthesis (Zhang et al., 2021).

Clinical Outcomes:

- **Facial Rejuvenation/Anti-aging**: Topical human placental MSC-derived exosomes improved skin tone, clarity, and reduced wrinkles, pores, and pigmentation versus placebo (Kim et al., 2022).
- **Sensitive Skin**: MSC exosomes improved roughness, scales, erythema, and barrier functions (TEWL, hydration, sebum, pH) (Wang et al., 2022).
- **Hyperpigmentation**: Rose stem cell-derived exosomes with microneedling reduced pigmentation, redness, and wrinkles (Cho et al., 2024).

Safety Profile: Exosomes have good biosafety, with no allergic reactions reported, though standardization and infection risks from improper preparation remain concerns (Zhang et al., 2021).

3.1.4. Platelet-Rich Plasma (PRP) in Skin Rejuvenation

PRP, an autologous blood product, releases growth factors (PDGF, TGF-β, VEGF, EGF, IGF), stimulating fibroblast activity, collagen synthesis, ECM remodeling, and angiogenesis (Everts et al., 2020).

Clinical Outcomes:

- **Skin Density and Thickness**: PRP injections increased skin density and thickness across age groups (Alser & Goutos, 2018).
- **Texture and Wrinkle Improvement**: A RCT showed improved fine/coarse texture and reduced wrinkles versus saline (Kamali et al., 2018).
- **Hyperpigmentation (Melasma)**: PRP with tranexamic acid effectively treated melasma without serious adverse events (Sirithanabadeekul et al., 2022).
- **Combined Therapies**: PRP with microneedling improved skin homogeneity, though objective dermatological assessments were inconsistent (Everts et al., 2020).

Safety Profile: PRP is safe, with mild transient adverse events (redness, swelling, bruising) and rare serious complications (Alser & Goutos, 2018).

3.2. Stem Cell-Enriched Treatments for Hair Restoration

Hair loss (androgenetic alopecia, alopecia areata) causes psychological distress, with stem cell therapies stimulating dormant follicles and promoting growth via signaling pathways (Gentile & Garcovich, 2019).

3.2.1. ADSCs and SVF in Hair Regeneration

ADSCs and SVF promote hair regeneration through multipotency and paracrine effects, secreting growth factors to stimulate dermal papilla cells, angiogenesis, and follicle stem cell activation (Fukuoka & Suga, 2015).

Clinical Outcomes:

 doi:10.20944/preprints202506.0453.v1

- **Hair Density and Thickness**: Autologous stem cell suspensions increased hair density by 29% ± 5% in androgenetic alopecia (Gentile et al., 2017). ADSVCs improved thickness (32% average) and density in 90% of alopecia areata patients (Anderi et al., 2020).
- **Wound Healing in Hair Transplant**: ADSCs accelerated healing and improved growth post-transplant (Perez-Meza et al., 2017).

Safety Profile: ADSVCs are safe, with minor transient side effects (pain, bruising, swelling) and no reported cancer risk in aesthetic applications (Gentile & Garcovich, 2019).

3.2.2. Stem Cell-Derived Conditioned Medium and Exosomes for Hair Loss

CM and exosomes, containing growth factors, cytokines, and microRNAs, regulate the hair follicle cycle, prolonging the anagen phase (Fukuoka & Suga, 2015; Zhang et al., 2021).

Clinical Outcomes:

- **CM for Hair Loss**: ADSC-CM injections increased hair numbers, density, and thickness (up to 32% diameter increase) in androgenetic alopecia and telogen effluvium (Shin et al., 2015).
- **Exosomes for Hair Loss**: Exosome formulations with plant extracts improved hair regrowth versus placebo, with significant thickness and density gains (Rajendran et al., 2025).

Safety Profile: CM and exosomes are safer than live cell therapies, with minor pain reported and no notable adverse effects in trials (Zhang et al., 2021).

3.2.3. PRP in Hair Restoration

PRP stimulates hair regrowth by releasing growth factors, promoting follicle development, neovascularization, and blood flow (Gentile et al., 2015).

Clinical Outcomes:

- **Hair Density and Count**: RCTs showed PRP increased hair count (33.6 hairs) and density (45.9 hairs/cm²) in male pattern hair loss (Gentile et al., 2015). A meta-analysis confirmed a 27.55 hairs/cm² increase in AGA (Gupta et al., 2022).
- **Hair Thickness**: PRP improved thickness consistently (Gentile et al., 2015).
- **Histological Changes**: Treated scalp showed thicker epidermis, more follicles, and increased vascularity (Gentile et al., 2015).

Safety Profile: PRP is safe, with minor transient side effects (pain, bruising, swelling) (Gupta et al., 2022).

Table 2. Summary of Clinical Outcomes for Hair Restoration by Treatment Type.

Treatment Type	Primary Mechanism	Key Clinical Outcomes	Safety Profile	Limitations/Considerations	Reference
ADSCs/SVF	Paracrine effects (GFs, cytokines), angiogenesis,	Increased hair density (29%±5%),	Safe; minor pain/bruising; no reported cancer risk	Variability in isolation; need for RCTs	Gentile et al., 2017; Anderi et al., 2020

 doi:10.20944/preprints202506.0453.v1

	follicle stem cell activation	thickness (32% avg); faster wound healing			
CM/Exosomes	Secretion of GFs, cytokines, microRNAs; paracrine signaling; prolonged anagen phase	Increased hair numbers, density, thickness; improved regrowth	Safer (cell-free); minor pain; low tumorigenicity	Lack of standardization; unapproved by FDA	Shin et al., 2015; Rajendran et al., 2025
PRP	Release of GFs (PDGF, TGF-β, VEGF); bulge stem cell stimulation; neovascularization	Increased hair count (33.6 hairs), density (45.9 hairs/cm²); improved thickness	No major side effects; minor transient events	High heterogeneity in preparation; short-term follow-up	Gentile et al., 2015; Gupta et al., 2022

3.3. Stem Cell-Enriched Treatments for Scar Revision and Wound Healing

Scarring (hypertrophic, keloid) results from abnormal wound healing with excessive collagen deposition (Ogawa, 2017). Stem cell therapies promote healing, reduce ECM synthesis, and enhance scar remodeling (Gentile et al., 2020).

3.3.1. ADSCs and SVF in Scar Treatment

ADSCs and SVF suppress ECM synthesis, promote degradation, and modulate fibroblast behavior, reducing fibrosis (Bourin et al., 2013; Gentile et al., 2020).

Clinical Outcomes:

- **Hypertrophic and Keloid Scars**: ADSCs reduced collagen deposition, fibroblast proliferation, and scar-related gene/protein expression (collagen I/III, α-SMA, fibronectin), downregulating

 doi:10.20944/preprints202506.0453.v1

TGF-β1 and Smad2/3 pathways (Wang et al., 2023). A meta-analysis confirmed fat grafting with ADSCs reduced hypertrophic scars (Gentile et al., 2020).

- **Skin Healing**: ADSC implantation in surgical wounds improved healing, per physician and patient assessments (Pinto et al., 2020).
- **Improved Graft Survival**: SVF-enhanced fat grafts improved wound healing in reconstructive surgery (Gentile et al., 2020).

Safety Profile: ADSCs are safe, with rare wound dehiscence reported and no serious adverse events (Pinto et al., 2020).

3.3.2. Exosomes in Wound Healing and Scar Reduction

Exosomes attenuate inflammation, promote angiogenesis, cell proliferation, and ECM remodeling, regulating fibroblast differentiation and collagen ratios (Zhang et al., 2021).

Clinical Outcomes:

- **Wound Healing**: ADSC-derived exosomes improved healing rates, neovascularization, epithelization, and reduced scarring in animal models (Hu et al., 2024).
- **Acne Scars**: Exosomes with fractional CO2 laser reduced acne scar scores by 32.5% versus 19.9% in controls, with shorter downtime and milder erythema (Oh et al., 2022).
- **General Scarring**: Rose stem cell-derived exosomes reduced scarring (Cho et al., 2024).

Safety Profile: Exosomes have minimal adverse effects and good biosafety, with reduced erythema reported (Oh et al., 2022).

Table 3. Summary of Clinical Outcomes for Scar Revision and Wound Healing.

Treatment Type	Primary Mechanism	Key Clinical Outcomes	Safety Profile	Limitations/Considerations	Reference
ADSCs/SVF	Suppress ECM synthesis, promote degradation, influence fibroblast behavior	Reduced collagen deposition, fibroblast proliferation in scars; improved healing; enhanced graft survival	Favorable; minor events; rare dehiscence	Variability in protocols; need for human RCTs	Gentile et al., 2020; Wang et al., 2023
Exosomes	Attenuate inflammation, promote	Accelerated healing; reduced	Cell-free; minimal effects;	Lack of standardization; unapproved by FDA	Oh et al., 2022; Hu et al., 2024

 doi:10.20944/preprints202506.0453.v1

	angiogenesis, ECM remodeling; regulate fibroblast differentiation	scarring; 32.5% acne scar improvement	good biosafety		

3.4. Stem Cell-Enriched Fat Grafting and Tissue Reconstruction

Autologous fat grafting addresses volume restoration and soft tissue defects, but variable retention rates limit outcomes (Gentile et al., 2020). Stem cell enrichment improves graft survival and integration (Kølle et al., 2017).

Enhancing Fat Graft Retention with ASCs

ASCs differentiate into endothelial/epithelial cells and secrete cytokines/growth factors, promoting angiogenesis and wound healing (Bourin et al., 2013).

Clinical Outcomes:

- **Improved Fat Retention**: ASC-enriched fat grafts in breast augmentation achieved 80.2% retention versus 45.1% for non-enriched grafts (Kølle et al., 2017).
- **Facial Reconstruction**: Stem cell-enriched grafts showed superior medium-term volume retention (Gentile et al., 2021).
- **Soft Tissue Repair**: ASCs enhanced outcomes in breast/facial reconstruction and cosmetic surgery (Gentile et al., 2020).

Safety Profile: ASC injections showed no adverse effects, with minor transient side effects from liposuction (hematomas, edema, pain) (Kølle et al., 2017).

Table 4. Clinical Outcomes in Fat Grafting and Tissue Reconstruction.

Treatment Type	**Primary Mechanism**	**Key Clinical Outcomes**	**Safety Profile**	**Limitations/Considerations**	**Reference**
ASC-Enriched Fat Grafting	Promote angiogenesis, differentiate into endothelial/epithelial cells, secrete GFs/cytokines	Higher retention (80.2% vs 45.1%); superior outcomes in breast augmentation; improved	Safe; no adverse effects from ASCs; minor liposuction side effects	Variability in isolation; donor factors; optimal delivery under investigation	Kølle et al., 2017; Gentile et al., 2021

 doi:10.20944/preprints202506.0453.v1

		facial reconstruction			

4. Discussion

Paracrine signaling drives aesthetic benefits, with stem cells, SVF, CM, and exosomes secreting growth factors (VEGF, HGF, bFGF, TGF-β, PDGF), cytokines, and exosomes (Caplan & Correa, 2011). These promote angiogenesis, collagen/elastin synthesis, immunomodulation, and anti-inflammatory effects (Gimble et al., 2011). Exosomes deliver microRNAs, modulating photoaging, hyperpigmentation, and scarring (Zhang et al., 2021). Cellular differentiation plays a limited role compared to paracrine effects, supporting cell-free therapies (Phinney & Pittenger, 2017).

All modalities (ADSCs/SVF, MSCs/CM, exosomes, PRP) show efficacy, but comparative studies are scarce (Gentile et al., 2020). ADSCs/SVF and MSCs/CM offer broad regeneration, exosomes target anti-aging/pigmentation, and PRP shows modest texture/wrinkle improvements (Zhang et al., 2021; Everts et al., 2020). Autologous therapies are safe, with minor adverse events, while cell-free therapies reduce tumorigenicity risks (Phinney & Pittenger, 2017). Long-term data gaps limit durability and safety assessments (Bourin et al., 2013).

Lack of standardized protocols for ADSCs/SVF, PRP, and exosomes/CM causes variability in cell yield, viability, and composition, hindering comparable outcomes (Bourin et al., 2013; Gentile et al., 2020). Short follow-up periods (3–12 months) limit understanding of durability and rare adverse events (Gentile et al., 2020). Tumorigenesis and immune rejection risks require extended monitoring (Bajek et al., 2016). Adult stem cells (ADSCs, MSCs) are less controversial than embryonic stem cells (Bajek et al., 2016). Informed consent must address risks, benefits, and unapproved treatments (Marks & Gottlieb, 2018). Commercialization of unproven therapies risks exploitation, necessitating regulatory oversight (Turner, 2021).

The FDA and EMA regulate regenerative therapies via risk-based frameworks (21 CFR Part 1271; EMA, 2025). Standardization via Good Manufacturing Practices (GMP) is critical for safety and efficacy (Marks & Gottlieb, 2018).

5. Conclusion

Stem cell-enriched treatments (ADSCs, SVF, MSCs, CM, exosomes, PRP) offer regenerative solutions for skin rejuvenation, hair restoration, scar revision, and fat grafting, driven by paracrine effects (Gentile et al., 2020). Challenges include protocol variability, limited long-term data, and regulatory/ethical concerns (Bourin et al., 2013). Standardized protocols, long-term trials, and interdisciplinary collaboration are essential to translate these therapies into safe, effective practice (Marks & Gottlieb, 2018). Advances in cell-free therapies and regulatory frameworks will enhance accessibility and efficacy (Phinney & Pittenger, 2017).

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