

The Benefits of Microdosing Exosomes

How the EXO+ Priming Protocol prepares the skin for optimal regeneration and results.

In recent years, exosomes have emerged as one of the most talked-about innovations in regenerative aesthetics. Touted for their ability to support cellular communication in the skins, natural renewal process, helping calm the appearance of redness and support post treatment comfort and by supporting a refined and rejuvenated skin appearance over time, these nanovesicles are changing the way practitioners approach skin and scalp health. Their potential lies not just in rejuvenation, but in reshaping how regenerative aesthetics is delivered in everyday practice.

We sat down with Dr Elina Theodorakopoulou, MD, PhD, Clinical and Aesthetic Dermatologist specialising in Regenerative Aesthetics, to discuss how ASCE+ Exosomes, developed by ExoCoBio, are setting new standards for purity, efficacy, and clinical outcomes, and why her approach to microdosing exosomes could be a game-changer for both practitioners and patients.

A New Era in Exosome Science

ASCE+ is a next-generation exosome platform born from ExoCoBio's pioneering work in stem cell-derived regenerative biotechnology.



Unlike many formulations on the market that rely on conditioned media, often containing a mixture of proteins, cytokines, and other cellular byproducts, ASCE+ features pure, isolated lyophilised exosomes derived from human adipose stem cells.

This is made possible through ExoSCRT™, a patented purification process that ensures 95% purity, producing exosomes with reliable composition, stability, and clinical performance.

"Consistency is key when we're working with patients," says Dr. Elina. "With ASCE+, we can trust that what we are delivering is reproducible, stable, and designed for results, not just a cocktail of unknown cellular remnants."

Tailored Formulations for Precision Treatments

What sets ASCE+ apart is its range of targeted formulations, each developed with specific indications in mind:

- SRLV – For skin rejuvenation, inflammation control, and pigmentation management
- HRLV – For use in cosmetic scalp and hair revitalisation routines
- IRLV – Supporting topical care in intimate wellness applications
- ExoBalm – Designed for priming and post-treatment care
- Home Care Range (coming soon!) – Bringing the power of exosomes into daily skincare routines

"These formulations allow us to integrate exosomes seamlessly into aesthetic medicine," Dr Elina explains. "Whether it's post-laser recovery, microneedling, or even LED therapy, ASCE+ is designed to complement post-procedure care and support visible skin improvement over time."

The Art of Microdosing Exosomes

While many clinics are exploring exosomes as a one-off or high-dose treatment, Dr Elina takes a more nuanced approach: microdosing.

"Microdosing is about regular, consistent exposure to exosomes rather than flooding the skin or scalp in a single session," she says. "This aligns with how cells naturally regenerate, incrementally, not all at once."

By layering small amounts of ASCE+ over time, she has observed:

- Improved skin resilience and barrier function
- May improve the appearance of uneven skin tone with repeated use.
- Reduction in inflammation for sensitive or compromised skin
- Used as part of a cosmetic protocol to support long-term skin quality.

"In many ways, it's like building a skincare routine, only at a cellular level," she adds.



Combining ASCE+ With Energy-Based Devices

One of the most compelling aspects of ASCE+ is how well it pairs with in-clinic technologies. Dr Elina often integrates the formulations with devices such as Morpheus8 RF microneedling, fractional lasers, and even LED therapies.

"These devices stimulate the skin. Using ASCE+ topically afterward may support the skin's visible recovery and comfort during the post-treatment phase."

For example, after Morpheus8, ASCE+ SRLV not only accelerates recovery but also enhances dermal remodelling, leading to smoother, firmer skin. For patients undergoing hair restoration, HRLV boosts the regenerative signals required for follicle activity and growth.

"The synergy between technology and biology is where the magic really happens," Dr Elina notes.

The EXO+ Priming Protocol

Building on this philosophy, Dr. Elina has developed the EXO+ Priming Protocol, designed to prepare and condition the skin at a cellular level. By focusing on "skin bed reparation," the protocol ensures patients' skin becomes more receptive and resilient, better tolerating controlled injury from energy-based devices like Morpheus8, and achieving more robust regeneration and long-term results.

Key Benefits of EXO+ Microdosing: (When used as part of a topical cosmetic routine)

- Supports the skin's natural appearance post-treatment
- Helps calm visible redness and promote skin comfort
- May assist in improving the appearance of uneven skin tone and texture
- Used to support visibly smoother, firmer-looking skin over time
- Aims to refresh dull or tired-looking skin for a radiant glow
- Designed to complement in-clinic procedures and support overall skin vitality

Dr Elina's research-backed approach has shown that consistent cellular messaging reduces inflammation, pigmentation, and scarring. By priming with ExoBalm two to three weeks before Morpheus8, patients experience improved tolerance and stronger outcomes. Post-treatment application then supports the appearance of smoother, more refined skin over time supporting continuous regeneration.

"Whether we're supporting the appearance of fine lines, pigmentation or overall skin resilience, the synergy of ExoBalm + ASCE SRLV exosomes + Morpheus8 RFMN represents the next evolution in patient outcomes," she explains.

The Patient Experience

One of the key selling points of ASCE+ is its needle-free delivery. Unlike PRP or other regenerative injectables, exosomes can be applied topically following device treatments or in combination with transdermal delivery systems.

"Patients often respond well to the idea of topical, non-invasive



InMode Gala Award Winners

• Exosomes Best Results

Dr Jean Paul Chung – Odyssee

• Exosomes Best Combination Results

Lin Wu, Dr Kee-Seng Wong & Kelly Liu – BabySkin Laser & Cosmetic Clinic

• Exosomes Physician of the Year

Dr Paul Han – Dr Paul Han Surgery

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care," says Dr Elina. "They notice visible improvements in hydration, glow, and texture almost immediately, and long-term changes in firmness and pigmentation with repeated sessions."

She emphasises that ASCE+ is not just about vanity, it also plays a significant role in skin health. "We're supporting cellular balance and the goal is to support the appearance of calm, more resilient skin over time."

The Promise of Home Care

With an at-home range in development, ASCE+ is poised to extend exosome therapy beyond the clinic.

"This will provide patients with a convenient way to continue their cosmetic routines at home between clinic visits", Dr Elina predicts. "Patients will be able to maintain the benefits of their in-clinic treatments day-to-day, ensuring continuity and supporting visible skin quality between visits. It's the next step in making cosmetic care more accessible."

Exosomes as the Future of Regenerative Aesthetics

As the aesthetics industry continues to embrace biologics and regenerative technologies, ASCE+ Exosomes stand out as the most published and scientifically validated that raises the bar for purity and performance.

For practitioners, the ability to offer needle-free, versatile, and synergistic treatments opens up new possibilities for patient care. Practitioners have reported positive patient feedback in relation to comfort and satisfaction when ASCE+ is used in conjunction with energy-based treatments. Radiant, resilient skin, revitalised scalps, and a glimpse into the future of wellness-driven aesthetics.

Learn more about ASCE+ Exosomes via our code.



Dr. Elina sums it up best:

"We're only scratching the surface of what exosomes can do. "ASCE+ supports the skin's visible condition with a focus on hydration, balance, and post-treatment care."