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The science behind mesotherapy**Philippe Hamida-Pisal**

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Mesotherapy is a technique developed in France in the 1950s by the renowned practitioner Dr Michel Pistor. It was recognized as a medical treatment by the French Academy of Medicine in 1987 and has since successfully been used in many countries all around the world. In the aesthetic field, mesotherapy can be defined as a non-surgical technique aimed at diminishing difficult areas in the skin such as cellulite, stretch marks and alopecia, while also offering a treatment for body contouring as well as face, neck, and hand rejuvenation. Mesotherapy is administered via several microinjections, either manually or using a mesotherapy gun, which contain a poly-revitalizing solution that contains various medicines, vitamins and minerals. The solution can be injected into the epidermis and the dermis using four different injection techniques. Different techniques are used depending on the aesthetic concern and the depth of injection required for treating this concern. The intraepidermal technique, popular for facial rejuvenation, reaches a depth of 1 mm; the papular technique reaches a depth of 2 mm and can be used to treat wrinkles; the nappage technique, which can be used on the scalp and as a cellulite treatment, reaches between 2–4mm; while the point-by-point technique reaches a depth of 4 mm in the skin and is used mainly for fat reduction. While it is interesting, a discussion of treatment techniques is outside the scope of this article. The author will instead use this opportunity to provide a detailed overview of each of the different substances employed in poly-revitalizing solutions and explain how the skin reacts to them. Doing so, will hopefully help and support practitioners incorporate mesotherapy.

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