

Executive Summary

This analytical case study was compiled to give a detailed systematic **description of advanced practically applicable technologies and companies in cosmetics**, highlighting their advantages and disadvantages, predicting the development of the relevant market, and determining the degree of technology relevance at the current time.

During the last years, the **cosmetics market has become more closely related to the health and high technology markets**. That is why today's advanced cosmetics are more than a simple correction of the skin condition or improvement of the aesthetic appearance. It is a high-tech direction of modern cosmetology that incorporates Cosmeceuticals, Nutraceuticals, Aesthetic Medicine, Physiotherapy, and Apparatus Cosmetology.

Advanced cosmetics technologies as part of the appropriate market **have significant economic potential**, evidenced by the increase in the capitalization of the beauty and health care market, the market's stable growth, and the active development and improvement of technologies in this area. Most importantly, advanced cosmetic technologies offer something difficult to refuse – health, beauty, and self-confidence.

Top-10 Advanced Technologies

**Autologous
Stem Cells**

**Autologous Stem Cells for
Face Skin Rejuvenation**

**Microbiome of the
Body**

**Microbiome of the
Face**

**Oral
Hygiene**

**Fat Optimization,
Weight Optimization**

**Muscle
Recovery**

**Facial Skin and Hair, Facial
Cosmetic Surgery**

**Dietary
Supplements**

**Apparatus
Cosmetology**

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The primary function of **advanced procedures** is to **rejuvenate the body and prevent diseases**. The difference between advanced technologies and anti-technologies is **that anti-technology poses a more significant threat to the patient's health or has no positive effect on the body**. At the same time, it is too early to say that separate anti-technology that is considered dangerous today does not have a future as they tend to improve over time.

| Advanced Procedures |
|-------------------------------|
| Sauna |
| Cryosauna |
| Fitness |
| Wellness |
| Electrical Muscle Stimulation |
| Thalassotherapy |
| Intermittent Hypoxic Training |
| Bio Supplements |

| Anti-technologies |
|---|
| Fillers in Cosmetology and Aesthetic Medicine |
| Anti-Cellulite Products |
| Platelet-rich plasma in Dermatology and Cosmetology |
| Deep Peelings |
| Micropigmentation |

Pay attention that any medication and procedure have risks, both procedures from the left column and anti-technologies from the right column. However, in the case of anti-technologies, health risks usually are higher and associated with many adverse effects.

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The **Advanced Cosmetics technologies and methods** discussed in this review are not limited to superficial and short-term cosmetic effects and represent an effective alternative to plastic surgery methods.

The **Advanced Cosmetics approaches** are characterized by precise diagnostic methods, personalization, selection of individual therapeutic and preventive means suitable for the body's biochemical, physiological, and genetic characteristics, allowing to draw up an optimal plan for cosmetic procedures.

All the technologies described in the analytical case study **are already in use, available**, and ready for further research. That is why this **report is valuable for people prepared to test the effects of applied science on themselves.**

Understanding that technologies don't stand still means that the **project needs to be further improved.** In particular, the second iteration of this analytical case study **will describe the technologies shown in the figure on the right** in more detail.

Technologies that Will Be Analyzed in the Second Iteration of the Project

Hormones in Cosmetology

Apparatus (Hardware) Diagnostic of Skin

Aesthetic Dentistry

AI in Cosmetology

Peptides in Cosmetology

Intimate Cosmetology