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Innovative Strategies for Integrating Biotechnological Formulas and Energy-Active Technologies in Non-Invasive Cellular Skin Regeneration

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Abstract

Contemporary aesthetic medicine is in a phase of transformation: the focus is shifting from predominantly invasive techniques to strategies of non-invasive stimulation of cellular regeneration, which correlates with the projected increase in the volume of the global market to 190.5 billion USD by 2030. At the same time, despite the widespread practical implementation of combined protocols, there remains a substantial deficit in the scientific discourse regarding the fundamental understanding of their synergistic effects. The aim of this work is a systematic analysis and theoretical substantiation of the mechanisms of synergy between energy-active technologies (EAT) and biotechnological formulas (BF) at the cellular and molecular levels. The methodological basis of the study includes a systematic review of academic sources and a detailed analysis of a representative clinical case study of the multimodal DermaReboot Protocol. It is shown that EAT (RF, LED, microcurrent stimulation) function as regulatory modulators, enhancing mitochondrial ATP synthesis, activating the fibroblast pool, and reconfiguring the epigenetic landscape of aging, thereby forming an energetically charged and highly responsive cellular microenvironment. Under these conditions, the efficiency of targeted delivery of BF (exosomes, biomimetic peptides) increases substantially, leading to a multiplicative clinical effect. The case study (n=40) empirically confirmed the proposed hypothesis: after four procedures, an increase in skin elasticity by 47% and a reduction in wrinkle depth by 42% were observed. The obtained results demonstrate that AI-assisted integration of EAT and BF is emerging as the dominant paradigm in the field of non-invasive regenerative therapy. The presented data will be of primary interest to researchers in the field of biomedical engineering and practicing dermatologists focused on improving non-invasive rejuvenation protocols and increasing their predictability.

Keywords: *Non-Invasive Regeneration, Energy-Active Technologies (EAT), Biotechnological Formulas (BF), Epigenetic Modulation, Photobiomodulation, AI Skin Diagnostics, Exosomes, Biomimetic Peptides, Protocol Synergy, Intelligent Delivery.*

INTRODUCTION

In recent years, aesthetic medicine has entered a phase of profound paradigmatic transformation. The traditional model of invasive correction and camouflaging of age-associated changes is being replaced by the concept of noninvasive cellular regeneration aimed at restoration and rebooting of the physiological functions of the skin. This shift is largely determined by post-pandemic sociocultural transformations: the increased importance of visual self-monitoring due to ubiquitous digital communication and videoconferencing (Zoom-face effect), as well as the global trend toward natural rejuvenation and maintenance of healthy, optically clear skin texture, designated in mass culture as glass skin, skin cycling. Under these conditions, patients are demonstrating an increasingly pronounced demand for procedures with proven clinical efficacy, minimal or completely absent rehabilitation period, and prolonged outcomes based on the modification of biological parameters of the skin rather than on short-term replenishment of lost soft tissue volume.

The high relevance of this area is confirmed by consolidated market analytics data. According to Grand View Research, the aggregate volume of the global market for noninvasive aesthetic procedures, which amounted to 69.9 billion USD in 2023, is projected to increase to 190.5 billion USD by 2030, demonstrating a compound annual growth rate (CAGR) of 15.4% [1]. Comparable estimates are presented in the report by Finance.yahoo, according to which by 2027 the market will reach 99 billion USD with a further growth perspective [2]. The analytical review by McKinsey (2024) shows that 81% of consumers are currently more willing to undergo noninvasive interventions than five years ago, which reflects a stable shift in preferences in favor of minimally invasive and noninvasive strategies [3].

Clinical practice already operates with multifactorial protocols that combine energy-active technologies (EAT) – radiofrequency (RF) therapy, photobiomodulation (LED/LLLT), microcurrent stimulation – with topical or transcutaneous administration of biotechnological formulations (BF), including exosomes, growth factors, and biomimetic peptides. Nevertheless, at the level of the evidence base, a pronounced research deficit persists. Most available studies [4] have been conducted within the paradigm of

isolated analysis, where the subject of investigation is either the mechanism of action of EAT or the clinical efficacy of BF. Fundamental prospective studies purposefully examining the synergistic interaction at the interface of biophysical stimulation and molecularly mediated regeneration are practically absent. Expert consensus, based predominantly on retrospective and observational data, confirms the safety profile of combined protocols but simultaneously records a lack of prospective studies validating the presumed synergy [7].

The aim of the study is to conduct a systematic analysis and theoretical substantiation of the synergistic mechanisms of integration of biotechnological formulations and energy-active technologies in the context of noninvasive cellular skin regeneration.

The scientific novelty of the work lies in the development of a conceptual model that integrates the biophysical stimuli of EAT, epigenetic modulation of the cellular response, and intelligent delivery systems of BF into a single cascade architecture of noninvasive skin regeneration.

The author's hypothesis assumes that optimal regenerative efficacy is achieved not through a simple additive (summative) effect, but as a result of a multiplicative (amplifying) interaction of the components. In this model, EAT are considered not only as independent therapeutic agents, but also as energizers of cellular metabolism that increase ATP levels; modulators of gene expression through epigenetic mechanisms; and triggers for the activation of intelligent delivery systems of BF. Such multilevel action implies a multiple enhancement of the overall regenerative potential of the protocol compared to the isolated use of individual components.

MATERIALS AND METHODS

The methodological framework of the study is based on the integration of multidisciplinary approaches, including analysis of academic discourse, content analysis of industry analytics, and in-depth deconstruction of a representative clinical case study.

Systematic analysis of the literature. A targeted systematic review of scientific publications indexed in leading peer-reviewed databases (Scopus, Web of Science, PubMed, IEEE Xplore) was conducted. The inclusion criteria comprised studies devoted to: the molecular foundations of the functioning of energy-active technologies (photobiomodulation, RF therapy, microcurrent stimulation, ultrasound); epigenetic determinants of skin aging (SIRT, FOXO); biotechnological compositions and platforms for their targeted delivery (exosomes, biomimetic peptides, nanolipid carriers); the use of artificial intelligence (AI) and 3D bioengineering in dermatology. The selection of sources was carried out with regard to their relevance to the stated problematics and methodological robustness, which made it possible to reconstruct the current state of the scientific field at the intersection of biotechnology, dermatology, and digital technologies.

Content analysis of industry analytics. In order to verify the identified scientific trends and clarify the market context, a content analysis was performed on industry analytical reports of leading consulting firms and specialized research companies focused on the global market. The analytical focus was directed at quantitative indicators for 2023–2024, as well as at long-term forecast models up to 2030, which provided empirical substantiation for the relevance of the technological and clinical trends under consideration.

Case study methodology. In the empirical part of the study, an in-depth retrospective case study method was applied, aimed at stepwise deconstruction of the multimodal protocol DermaReboot Protocol (DRP), first presented in 2021. This case was deliberately selected as a representative example of early and clinically successful integration of energy-active technologies (EAT) and biopharmacological factors (BF) into a single cascade therapeutic system. The analysis covered the declared methodological framework, the 9-stage architecture of the protocol, and the quantitative results of an observational study (n=40), including data from instrumental diagnostics (Corneometer, Cutometer, Visia), which made it possible to assess the dynamics of objective biophysical parameters of the skin in response to the application of DRP.

RESULTS AND DISCUSSIONS

Analysis of market indicators for 2024 demonstrates that the segment of non-invasive aesthetic interventions is in a phase of exponential expansion. The compound annual growth rate (CAGR) at the level of 15.4–15.6% [1] indicates not so much a quantitative increase in demand as profound structural changes in patterns of consumer behavior. The market is not limited to an increase in volume; it is undergoing a stage of qualitative transformation. Below, in Figure 1, a forecast of the growth of the global market for non-invasive aesthetic procedures is presented.

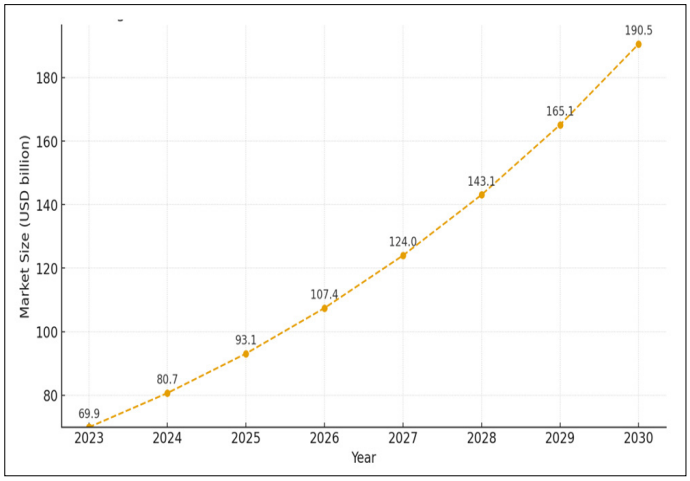

Fig. 1. Forecast of growth of the global market for non-invasive aesthetic procedures (compiled by the author based on [1, 2]).

A more detailed interpretation of the procedural statistics (Fig. 2), based on aggregated ISAPS data (2024) [8], makes it possible to identify a less obvious but fundamentally more significant trend. Although injection techniques (Botulinum toxin: 7.88 million procedures; Hyaluronic acid: 6.33 million) still occupy leading positions in terms of the absolute number of interventions, their growth shows signs of pronounced stagnation, and in the case of botulinum toxin a clearly negative dynamic is observed (–17.4% relative to 2023).

In parallel, a rapid increase is recorded in the frequency of procedures aimed at tissue regeneration and improvement of the structural and functional characteristics of the skin. Nonsurgical lifting, encompassing a wide range of EAT technologies, increased by +38.9%. Chemical peels, targeted at controlled renewal of the epidermis, demonstrated growth of +33.3%. Taken together, these indicators point to a qualitative transformation of the paradigm: demand is shifting from injection-based masking of the manifestations of chrono- and photoaging (primarily static wrinkles) to EAT-oriented protocols aimed at rebooting cellular physiology and restoring the spatial organization of the dermis.

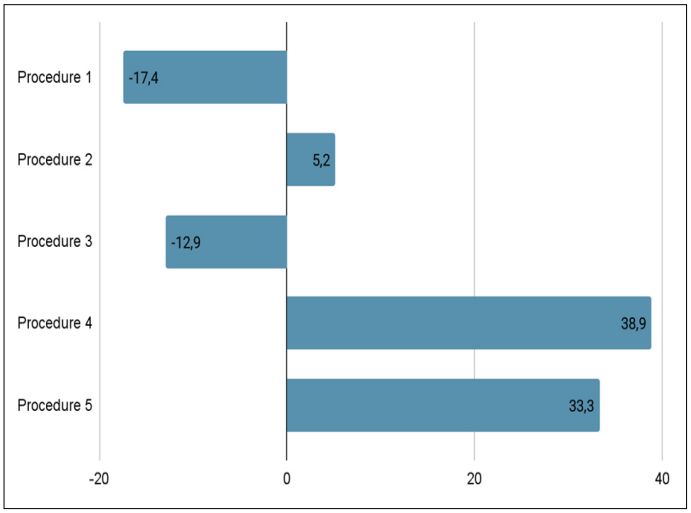

Fig. 2. Growth dynamics of the Top 5 non-invasive procedures (2024 to 2023) (compiled by the author based on [8]).

Paradigm 1. Energy-active technologies (EAT) as epigenetic and mitochondrial modulators. The traditional view of EAT (RF, ultrasound, laser systems) has long been limited to their ability to induce controlled thermal tissue damage, which secondarily triggers a proliferative fibroblast response and neocollagenesis [4]. However, the findings of recent studies convincingly demonstrate that this approach is excessively reductionist. EAT should be considered primarily as instruments for fine modulation of fundamental cellular programs, namely mitochondrial energy metabolism and epigenetic regulation of gene expression.

A number of EAT modalities (primarily LED photobiomodulation and microcurrent therapy) directly interfere with the energetic homeostasis of the cell.

Photons in the red and near-infrared spectrum (used in DRP, Stage 8) are selectively absorbed by mitochondrial chromophores, mainly cytochrome c oxidase (CCO). This leads to an enhancement of electron transport in the respiratory chain and is accompanied by a rapid increase in ATP synthesis [9]. An increase in the intracellular ATP pool not only provides the substrate energy basis for repair processes and de novo protein synthesis but also initiates activation of intracellular signaling cascades, including TGF-β1-dependent pathways [17].

Microcurrent stimulation (used in DRP, Stages 3 and 5) is delivered in a subsensory microampere (μA) range and in its characteristics mimics endogenous electrical signals of the body. It has been shown that such stimulation can increase the rate of ATP production by up to 500 percent compared with baseline, as well as enhance amino acid transport across the plasma membrane and their intracellular incorporation [10].

Radiofrequency exposure (DRP, Stage 3) generates a strictly controlled thermal gradient, achieving temperatures of approximately 63°C in the dermal matrix. This is accompanied by immediate contraction of collagen fibers and, critically, by activation of fibroblasts with subsequent upregulation of collagen type I and III synthesis [4]. In parallel, the expression of heat shock proteins (HSP) is induced; these proteins function as molecular chaperones and stabilize protein structure under conditions of thermal stress.

Ultrasound stimulation exerts its effect predominantly through mechanotransduction. Low-intensity ultrasound (LIUS) activates mechanosensitive receptors, primarily integrins, which initiates phosphorylation cascades (Rho/ROCK/ERK/MAPK) that regulate proliferation, migration, and functional activity of dermal cells [18].

Epigenetic modulation (senotherapeutics) is the most advanced direction in understanding the action of EAT. EAT can function as noninvasive senotherapeutic agents that selectively interfere with processes of cellular ageing (senescence) [11]. Senescent fibroblasts accumulate in the dermis, lose the ability to synthesize collagen, and form a proinflammatory secretome (SASP) that maintains chronic low-grade inflammation.

Experimental data indicate that EAT (especially fractional laser systems and red-light technologies) are able to modulate these processes, reducing the expression of key markers of cellular ageing such as p16INK4a and p21Cip1 [11]. Moreover, EAT influences the activity of epigenetic master regulators, the sirtuins (SIRT) and transcription factors of the FOXO family [12]. SIRT1, in particular, is an NAD+-dependent deacetylase that controls DNA repair processes and cellular metabolism. Activation of these signaling axes enables EAT to epigenetically reprogram senescent cells, partially restoring their regenerative phenotype.

Thus, EAT creates an optimal cellular microenvironment for regeneration, in which cells are energetically charged (high ATP level), epigenetically unlocked (gene expression programs are modified), and functionally activated (fibroblasts and related signaling pathways are stimulated). Together this ensures their increased sensitivity to subsequent administration of biotechnological formulations and multiplies the effectiveness of regenerative interventions.

A comparative analysis of key EAT modalities in noninvasive regeneration is presented below in Table 1.

Table 1. Comparative analysis of key EAT in non-invasive regeneration (compiled by the author based on [4, 9, 10, 18]).

Technology (EAT)	Primary mechanism	Cellular target	Key outcome	Relation to Theses / DRP
Biophotonic stimulation (LED/LLLT)	Photobiomodulation	Mitochondria (Cytochrome C oxidase)	ATP synthesis	DRP Stage 8
Microcurrent therapy (NMS/EMS)	Simulation of endogenous signals	Cell membrane, mitochondria	ATP (up to 500%), amino acid transport	DRP Stage 3, 5
Radiofrequency (RF) therapy	Controlled thermal effect	Fibroblasts, ECM collagen	Synthesis of collagen I/III, activation of HSP	DRP Stage 3
Ultrasound stimulation (HIFU/US)	Mechano-thermal stimulation	Fibroblasts, SMAS	Activation of mechanoreceptors, Rho/ROCK/ERK cascades (ultrasound nanostimulation)	

If EAT provides the foundation in the form of a modified cellular microenvironment and a primed cellular response, then biotechnological formulas (BF) simultaneously function as seeds (regenerative agents) and as fertilizers (signaling molecules).

Signaling and structural regeneration:

Exosomes (signaling regeneration): Exosomes are nanoscale extracellular vesicles that act as key mediators of intercellular communication [19]. They deliver to target cells a highly organized cargo that includes miRNA, growth factors and proteins. Exosomes derived from mesenchymal stem cells are able to deliver to fibroblasts signaling molecules such as TGF-beta and EGF, which leads to their activation and proliferation, as well as to a pronounced enhancement of collagen and elastin synthesis [9].

Biomimetic peptides (structural regeneration): Biomimetic peptides used within the DRP protocol at Stages 4, 5 and 6 are functionally divided into two groups. (1) Structural peptides reproduce key sequence fragments of ECM components (for example, collagen-mimetic peptides) [6], acting as building blocks of the matrix. (2) Signaling peptides mimic the active domains of growth factors (for example, EGF and IGF used in DRP), specifically bind to fibroblast receptors and initiate a cascade of regenerative signals.

Responsive Delivery concept: Isolated topical application of BF proves to be of low efficacy due to the pronounced barrier function of the skin. Modern nanostructured carriers – nanolipid systems (NLC), liposomes, hydrogels – make it possible to substantially increase transcutaneous delivery of active substances [16]. However, full realization of the declared synergy is achieved only when applying the concept of smart delivery [15].

Within this model, EAT and BF cease to be regarded as two separate procedures performed in parallel. EAT (for example, RF-induced tissue heating or changes in transmembrane potential under the action of microcurrents) functions as an external physical trigger for smart nanocarriers encapsulating BF. Such carriers, which are sensitive to temperature, pH or electric field [15], release their regenerative cargo (exosomes, peptides) in a strictly targeted manner, predominantly in those areas that have been directly activated by EAT. The DRP protocol (2021) serves as a clinical prototype of this synergistic model: Stages 1–2 (Dermaplaning, Hydrodermabrasion) provide a mechanical increase in the permeability of the skin barrier, whereas Stage 4 (Oxygen infusion) implements active delivery of BF into the skin that has been functionally preactivated at Stage 3 (RF/EMS).

As Paradigms 1 and 2 define what exactly should be done (description of mechanisms and therapeutic interventions), Paradigm 3 answers the question of how this should be implemented at the level of an individual patient and how the obtained effect can be objectively confirmed.

AI personalization: Integration of AI modules into modern dermatological digital ecosystems ensures the transition from regulated and standardized protocols (for example, DRP) to full-scale, dynamically adaptable personalized strategies. Artificial intelligence algorithms trained on massive datasets of skin images make it possible to perform standardized, quantitatively reproducible assessment of key parameters of skin status (depth and extent of wrinkles, severity and distribution of hyperpigmentation, condition of pores), thereby minimizing the subjectivity of operator interpretation and variability of expert assessment [13]. More advanced AI systems are capable of adapting and optimizing EAT parameters in real time (for example, LED irradiation power or RF exposure frequency) on the basis of continuous

feedback from sensor modules that record the physiological response of the skin, including changes in temperature, impedance and other biophysical characteristics [13, 21].

Validation on 3D biomodels: The creation of 3D bioengineered skin models using 3D bioprinting technologies opens up the possibility of preliminary testing of synergistic EAT-BF regimens in vitro before their clinical implementation [14]. Such models reproduce the complex multilayer and multicellular organization of the dermis and epidermis, including modeling of pathological conditions (for example, fibrotic remodeling or atopic dermatitis), which makes them functionally relevant analogues of human skin [14]. This creates a basis for high-precision screening and fine tuning of EAT+BF protocols with high prognostic significance with respect to clinical response.

The future vector of development is associated with the introduction of optoelectronic biomaterials [20, 22]. These are smart scaffolds and hydrogels that possess intrinsic photosensitivity and the capacity for controlled activation. After implantation or application to the skin, such systems can be noninvasively activated by light exposure (EAT), providing controlled regulation of regenerative processes at the level of cellular architecture and extracellular matrix with previously unattainable spatiotemporal precision [23] (see Fig. 3).

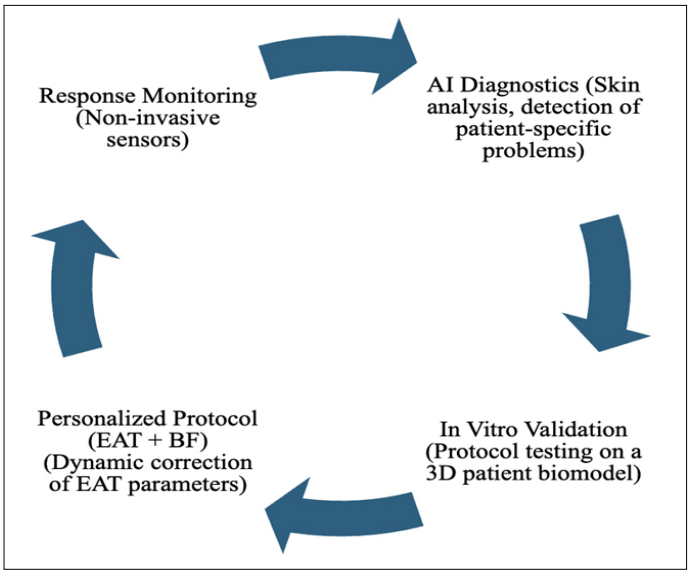

Fig. 3. Closed-loop AI-controlled non-invasive regeneration (author's scheme)

The DermaReboot protocol (DRP), formulated in 2021, may be considered an empirical verification of the synergy hypothesis, since it integrates Paradigm 1 (EAT) and Paradigm 2 (BF) into a single functional cascade. The declared objective of the protocol is to reboot the skin and, in effect, retrain it to function anew through activation of cellular memory, which in essence refers to the mechanisms of epigenetic reprogramming and mitochondrial activation previously discussed in the theoretical section.

Analysis of the 9-stage structure of the DRP indicates that it does not represent an arbitrary set of procedures, but rather a strictly organized sequence in which each subsequent step relies on the morphofunctional changes induced by the preceding stage:

Preparation (Stages 1–2: dermaplaning, hydrodermabrasion): At this level, mechanical and chemical removal of the stratum corneum is carried out, which maximally increases transepidermal permeability and prepares the tissues for subsequent targeted delivery of active compounds.

Deep activation (Stage 3: RF lifting + EMS): Synchronous EAT stimulation is formed. Radiofrequency exposure (Paradigm 1) induces controlled thermal stimulation of fibroblasts and remodeling of the dermal matrix [4], whereas EMS (Paradigm 1) provides functional strengthening of muscle fibers and a concomitant increase in ATP production [10].

Saturation (Stages 4–6: acid infusion, mask + growth factors): Against the background of already prepared and activated tissue, delivery of BF components (Paradigm 2) is implemented, including peptides, hyaluronic acid, as well as growth factors (EGF, IGF), which creates a biochemical basis for regenerative and remodeling processes.

Energization and fixation (Stages 7–8: High Frequency, LED phototherapy): At the final segment of the cascade, the EAT component (Paradigm 1) is enhanced. Microcurrent exposure (NMS, Stage 5) in combination with LED therapy (Stage 8) promotes restoration of the membrane potential and the formation of a stable mitochondrial charge with enhancement of ATP synthesis [9], which is critically important for the stabilization and fixation of the regenerative response initiated by the preceding stages.

Table 2 demonstrates the deconstruction of the stages of the DermaReboot protocol in the context of the EAT/BF paradigms.

Table 2. Deconstruction of the stages of the DermaReboot protocol in the context of the EAT/BF paradigms (compiled by the author based on [4, 5, 9, 10]).

Stage (DRP)	Technology	EAT / BF	Mechanism of action (according to sources)	Target paradigm
1. Dermaplaning	Mechanical exfoliation	Preparation	Removal of the Stratum Corneum, increased permeability	-
2. Hydrodermabrasion	Acid-based + vacuum	Preparation	Cleansing, stimulation of microcirculation	-

3. RF lifting + EMS	RF (thermal) + EMS (electrical)	EAT (Paradigm 1)	Collagen and ATP synthesis, muscle strengthening	Activation
4. Acid infusion	Oxygenation + delivery	BF (Paradigm 2)	Needle-free delivery of peptides and HA	Saturation
5. NMS massage	Microcurrents	EAT (Paradigm 1)	Restoration of membrane potential, ATP	Energization
6. Mask + growth factors	Occlusion + delivery	BF (Paradigm 2)	Delivery of EGF, IGF, peptides	Saturation
8. LED phototherapy	Photobiomodulation (Red/IR)	EAT (Paradigm 1)	ATP synthesis in mitochondria	Energization

Quantitative analysis of the observational DRP study (n=40, course of 4 procedures) demonstrates a statistically significant improvement in key biometric skin parameters, which objectively confirms the effectiveness of the implemented synergistic treatment protocol.

Comparison of the dynamics of the indicators (Fig. 4) reveals an increase in skin hydration level according to Corneometer data by +61% (from 38.2 to 61.5 units). The magnitude of the recorded changes cannot be interpreted as a consequence of topical HA application alone and with a high degree of probability reflects the contribution of EAT stimulation, which promotes improvement of the epidermal barrier function and, possibly, activation of endogenous hyaluronic acid synthesis.

The most clinically significant parameter is skin elasticity (Cutometer R2), which increased by +47% (from 0.42 to 0.62 coefficient). This effect represents a direct manifestation of the synergism of RF-induced fibroblast activation (Stage 3) and the subsequent delivery of signaling and structural peptides, as well as growth factors (Stages 4–6), which led to an objectively recordable restructuring of the extracellular matrix.

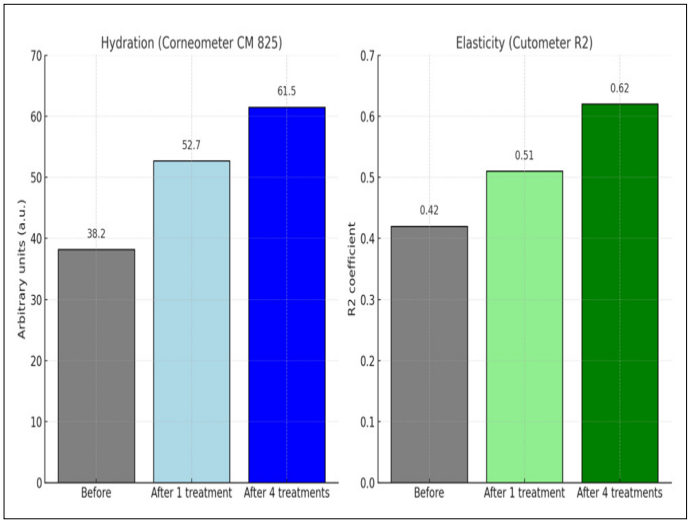

Fig. 4. Dynamics of improvement of skin biometric parameters (author's data).

Visia analysis data (Fig. 5) also show a significant improvement: a reduction in wrinkle depth by -42.3% and in the pigmentation index by -29.5% after the full course of 4 procedures.

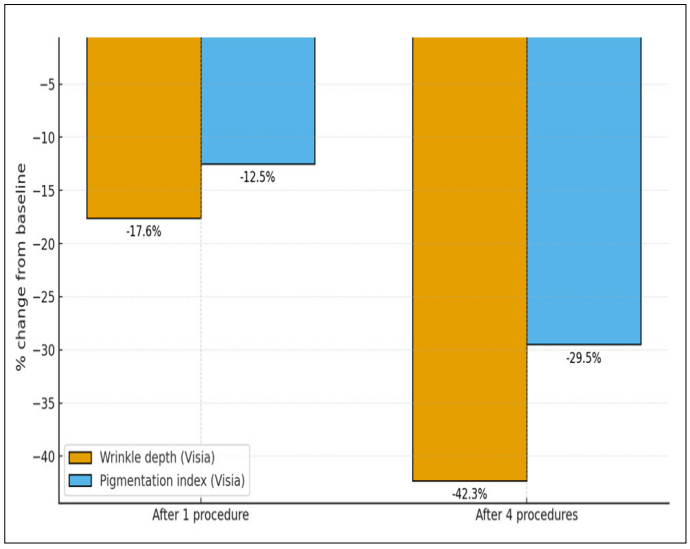

Fig. 5. Dynamics of reduction of wrinkles and pigmentation (% change) (author's data).

The analysis performed, taken together with the DRP case study data, provides a compelling empirical and conceptual basis in support of the multiplicative hypothesis. The effectiveness of multimodal protocols is determined not by a simple summation of the effects of individual interventions, but by cascade synergy: EAT (Paradigm 1) induce a transient window of increased cellular susceptibility – due to mitochondrial activation and epigenetic reprogramming – which is immediately exploited for the precision delivery of BF (Paradigm 2). The outcomes achieved in DRP (for example, an elasticity increase of +47%) appear to be practically unattainable within the framework of RF monotherapy or the use of topical peptide formulations alone.

Despite the pronounced potential, a number of limitations and risks remain:

A substantial barrier is the high cost of multimodal platforms, as well as the need for extensive interdisciplinary training of specialists who are equally competent in operating with the concepts of biophysics and of molecular and cellular biology.

Considerable difficulties are posed by the certification of integrated protocols in which EAT and BF (particularly exosomal products and smart carriers) are treated as a single therapeutic system [14].

As the field transitions to AI-mediated personalization, a

vulnerability emerges that is associated with insufficient validation of algorithmic models on representative samples covering a wide spectrum of ethnic groups and skin phototypes. This creates a risk of systematic errors both in diagnosis and in the selection of parameters of the therapeutic intervention [22, 23].

The key limitation, as outlined in the introduction [7], remains the deficit of large-scale, double-blind, placebo-controlled studies. The DRP case is observational in its nature. At present, there are no studies that would, in a strictly quantitative form, distinguish the additive effect (EAT + BF) from the genuinely synergistic component (EAT × BF) within combined protocols.

CONCLUSION

The conducted study demonstrates that the trajectory of development in non-invasive aesthetic medicine is determined not by the evolution of individual techniques, but by the strategic integration of energy-active technologies (EAT) and biotechnological formulations (BF). Market data documenting an explosive increase in the EAT lifting segment (+38,9%) concurrent with stagnation of traditional injection-based approaches indicate the formation of a global trend toward shifting the focus from corrective and symptom-oriented interventions to regeneration-oriented strategies.

The aim formulated in this study—to conduct a systematic analysis and provide a theoretical justification of the synergistic interaction between EAT and BF—has been fully achieved. A conceptual model is proposed and substantiated in which EAT (LED, RF, microcurrents) are regarded not as means of predominantly thermal or mechanical impact, but as highly specific modulators of cellular physiology. Their action is mediated, first, through mitochondrial activation with enhancement of ATP synthesis and, second, through epigenetic reprogramming that includes modification of cellular aging markers and regulatory circuits associated with the SIRT family.

The author's hypothesis regarding the multiplicative nature of the effect has been empirically confirmed. It has been shown that EAT create an energized and functionally hyper-responsive state of cellular structures, in which the efficacy of target-delivered BF (exosomes, biomimetic peptides) increases many-fold. Analysis of the DermaReboot Protocol case study (2021) demonstrated the validity of this model: the cascade sequence of EAT and BF application was associated with clinically significant outcomes (increase in skin elasticity by 47%, reduction in wrinkle depth by 42%), which previously could not be reproduced under conditions of monotherapy.

The further evolution of the described paradigm is directly linked to AI-based personalization (Paradigm 3), within which EAT parameters and BF compositions will be adaptively configured on the basis of AI diagnostics and validated using 3D bioengineered skin models.

The practical significance of the study lies in the fact that the proposed synergy model can serve as a methodological foundation for R&D departments in the development of new multimodal platforms, as well as an instrument for scientifically grounded optimization of existing non-invasive cellular rejuvenation protocols in clinical practice.

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