

Centella asiatica may be the secret to youthful skin, anti-ageing experts LipoTherapeia reveal

London skin experts LipoTherapeia publish research overview on the skin benefits of the traditional South Asian medicinal herb gotu kola / centella asiatica

LONDON, UNITED KINGDOM, November 28, 2017 /EINPresswire.com/ -- The Ayurvedic herb gotu kola (centella asiatica) is the new fashionable anti-ageing active in cosmetics and food supplements, used by more and more large skincare and nutrition brands. London-based anti-aging specialists LipoTherapeia have been using gotu kola in their skincare range and anti-aging treatments for fifteen years and have now released a detailed research-based overview of the [action of centella asiatica on skin](#) and blood vessels.



Centella asiatica - the ultimate anti-aging herb

Gotu kola is one of the most important herbs known today for skin tightening and healing, blood circulation enhancement, anti-aging and cellulite. At the time of publication (November 2017) there were more than forty seven peer-reviewed studies on the numerous skin benefits of centella asiatica and more than 650 studies on gotu kola's benefits on general health, from Alzheimer's to digestive health to cancer prevention. In fact, gotu kola is referred to as a 3000-year old panacea, by some.

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Georgios Tzenichristos

“Of course the word 'panacea' denotes hype and miracles which are not realistic, but we can definitely say that gotu kola is an amazing herb which offers a natural skin firming and rejuvenating effect on the skin, as well as very impressive

action on cellulite”, LipoTherapeia's skin tightening and cellulite expert, Georgios Tzenichristos states. “We have used gotu kola since more than fifteen years at the clinic and we clearly see the skin benefits of this ancient herb every single day”, Georgios adds.

LipoTherapeia has summarised all 47 in-vitro, in-vivo, ex-vivo and clinical papers into a concise overview of the benefits of gotu kola on skin and blood vessels.

According to these papers, gotu kola boosts the production of collagen types I and III, elastin and hyaluronic acid but also protects these skin proteins from breakdown. At the same time centella also protects tissues from overproduction of collagen, which can otherwise lead to fibrosis and therefore

ageing. In summary, centella favours balanced skin tightening and scar tissue healing without side effects.

Moreover, gotu kola helps repair leaky vein capillaries, fights adipose tissue inflammation, has an anti-glycation action, helps guard skin from UV-induced damage, hydrates skin and protects it from hyper-pigmentation.

According to the 47 scientific papers these combined actions of centella help:

- > Boost skin firmness and elasticity and fight aging
- > Fight stretch marks, cellulite, hypertrophic scars and keloids
- > Accelerate wound repair and burn healing
- > Improve water retention, oedema and heavy, restless legs
- > Improve haemorrhoids, phlebitis, lymphedema, CVI (chronic venous insufficiency) and vein hypertension, inflammation and varicosity

The full summarised list of all 47 science papers is found at LipoTherapeia's dedicated centella page at <https://www.lipotheapeia.com/centella>.

Although gotu kola has been used by European doctors for vein conditions, wound healing and anti-aging for more than fifty years, it is much less known in the United States or Britain. Nevertheless, more and more people are now becoming aware of centella food supplements, herbal teas, [cellulite creams](#), anti-aging creams, [facials](#) and cellulite treatments.

Gotu kola is traditionally used in herbal teas and salads in several Asian countries and in Madagascar. Although it is unlikely to become as popular as turmeric any time soon, centella is still gaining recognition and is becoming more and more common in skincare and clinical nutrition, due to its multiple medicinal properties.

Georgios has a fifteen year experience in formulating with centella asiatica and is available for further commenting on +44 207 118 2014 or at lipotheapeia.com/contact.

LipoTherapeia, The Hale Clinic, 7 Park Crescent, London, W1B 1PF, UK | www.lipotheapeia.com

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Georgios Tzenichristos
LipoTherapeia
+44 207 118 2014
email us here

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