

Not All Collagen Is The Same

"It builds collagen" gets thrown around a lot — but different collagen types do different jobs in your skin. Here's what each one actually does, and what's behind the marketing claims.

#CollagenTypes

#SkinScience

#Microneedling

#KnowTheFacts

⚠ BEFORE YOU START

Collagen induction treatments — microneedling, RF microneedling, lasers, PRP — **build results over months, not days**, and what's right for your skin depends on your goals, skin type, and history. This page is educational. It's not a treatment plan; that's what a consult is for.

The Two That Matter Most

Type I makes up **80–85%** of the collagen in your skin — it's the structural steel beam, responsible for strength and firmness. **Type III** makes up another **10–15%** — think of it as the flexible scaffolding laid down early in healing, abundant in young skin. Together they're why "boosting collagen" almost always means boosting these two first.

80–85%

of skin collagen is Type I — strength, structure, firmness

10–15%

is Type III — repair, healing, found in young skin

WHERE EACH TYPE LIVES & WHAT IT DOES

80–85% OF SKIN COLLAGEN

Type I

- Strength, structure, firmness
- Found in the **epidermis** and throughout the dermis
- Most heavily targeted by anti-aging treatments

10–15% OF SKIN COLLAGEN

Type III

- Repair, healing, early regeneration
- Found in the **dermis**, alongside Type I
- Abundant in young, elastic skin

BASEMENT MEMBRANE

Type IV

- Skin architecture, cell communication
- Forms the junction between epidermis and dermis
- Not a fibril — forms a sheet-like network

THE LESSER-KNOWN ONE: TYPE VII

Found deeper, near the fat layer, Type VII forms anchoring fibrils — the structures that physically attach your skin layers to each other. It's a smaller share of total collagen, but it matters for mechanical stability and skin attachment, which is part of why skin can become more fragile with age even when Type I and III are both present.

What Actually Stimulates What

Microneedling, RF, lasers, PRP, exosomes, retinoids — they all claim to "build collagen." Here's what the research actually supports for each.

#RFMicroneedling

#CO2Laser

#PRP

#Retinoids

TREATMENTS & THE COLLAGEN THEY TARGET

TYPE I + III

Microneedling

- Controlled micro-injury triggers natural repair
- 3–4 sessions typical, 4–6 weeks apart
- Minimal downtime

TYPE I + III

RF Microneedling

- Heat + needling for deeper remodeling
- Histology confirms Type I/III reorganization
- 1–3 days downtime

TYPE I + III

CO₂ Laser

- Strongest single-session collagen stimulation
- Best evidence base of the energy devices
- 5–10 days downtime

FIBROBLAST SIGNALING

PRP

- Your own platelets, growth factors
- **Well-established** safety profile
- Often paired with microneedling/RF

EMERGING EVIDENCE

Exosomes

- Biologically plausible signaling mechanism
- Controlled human trials still limited
- Regulatory status varies by region

TYPE I SUPPORT

Retinoids

- Boosts fibroblast collagen output
- Slows breakdown of existing collagen
- The only at-home option on this list

HOW CO₂ AND RF ACTUALLY COMPARE

CO₂ laser produces more collagen stimulation per session, but with significantly more downtime (5–10 days vs. 1–3). RF microneedling needs more sessions to get there, but fits into a normal week. Neither is "better" — it depends on your downtime tolerance and goals.

BE SKEPTICAL OF "INSTANT COLLAGEN" CLAIMS

Collagen remodeling takes weeks to months, not days. Any treatment promising overnight collagen transformation is overselling what the biology actually supports.

HOW WE THINK ABOUT IT AT HELLO GORGEOUS

Collagen science is genuinely exciting, but it's also genuinely slow — real results come from consistent treatment over months, not a single trendy procedure. We'll always tell you what's well-established versus what's still emerging, so you can choose with clear eyes. Still family-owned, still honest, still in your corner.