



KISS AESTHETICS

PEPTIDE THERAPY GUIDE

Luxury Wellness • Longevity • Optimization



WHAT ARE PEPTIDES?

Peptides are short chains of amino acids that act as messengers in the body. They help regulate collagen production, fat metabolism, healing, sleep, mood, and more.

As we age, peptide production decreases. Peptides are short chains of amino acids that act as powerful messengers in the body. They signal your cells to perform specific functions—like producing collagen, burning fat, repairing tissue, improving sleep, and balancing mood.

Think of peptides as **targeted instructions** that tell your body how to function more efficiently.

As we age, our natural peptide production declines. This can lead to slower metabolism, reduced collagen, lower energy levels, and delayed recovery.

Peptide therapy helps restore and optimize these natural processes, allowing your body to function at a higher level—both aesthetically and internally.

At Kiss Aesthetics, peptide therapy is used to support:

- Fat loss and metabolism
- Skin rejuvenation and anti-aging
- Muscle recovery and performance
- Hormone balance and libido
- Brain function and mood
- Energy and overall wellness

Each protocol is customized to your goals, ensuring **targeted, results-driven treatment**.

clines. Targeted therapy helps restore balance, enhance results, and optimize your overall wellness.



COMMON QUESTIONS ABOUT PEPTIDE THERAPY

How long does it take to see results?

Some patients notice improvements in energy, sleep, or mood within the first few weeks. More visible results—like fat loss, skin changes, or muscle tone—typically develop over **4–12 weeks** with consistent use.

Are peptides safe?

Yes. When prescribed and monitored by a qualified medical provider, peptide therapy is considered **safe and well-tolerated**. Your treatment plan is tailored specifically to your body and goals.

Do peptide injections hurt?

Most peptide injections use a **very small insulin needle** and are virtually painless. Many patients describe them as quick and easy.

Do I have to do injections?

Not always. While injections are the most effective for many peptides, some options are available as:

- Capsules
- Nasal sprays
- Troches (dissolvable tablets)

Your provider will recommend the best method for you.

Can I combine multiple peptides?

Absolutely. Many peptides work **better together**, and combination protocols are commonly used to enhance results and target multiple concerns at once.

Will peptides make me gain weight?

Some peptides may increase appetite (especially those related to growth hormone), but your provider will guide your treatment based on your specific goals—whether that's fat loss, muscle gain, or maintenance.



How long do I need to stay on peptides?

This varies depending on your goals. Some patients use peptides in **cycles**, while others incorporate them into a long-term wellness routine.

Are peptides the same as steroids or hormones?

No. Peptides do **not replace hormones**—they simply signal your body to produce more of what it naturally makes. This makes them a more natural, supportive approach to optimization.

Who is a good candidate for peptide therapy?

Peptide therapy is ideal for individuals looking to:

- Improve energy and focus
 - Lose stubborn fat
 - Enhance skin and anti-aging results
 - Recover faster from workouts or injuries
 - Support overall health and longevity
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Do I need lab work before starting?

Some peptide programs require lab work to ensure safety and optimal dosing. Your provider will guide you through this during your consultation.



FAT LOSS & METABOLISM

AOD 9604

Targets stubborn fat and supports fat breakdown.

Tesofensine

Helps reduce appetite and cravings.

SLU-PP-332

Enhances metabolism and mimics exercise benefits.

RECOVERY & HEALING

BPC-157

Supports tissue repair and reduces inflammation.

TB-500

Promotes full-body healing and flexibility.

BPC Blends

Enhanced recovery and inflammation support.

ANTI-AGING & SKIN

GHK-Cu

Boosts collagen and improves skin quality.

Epithalon

Supports longevity and cellular repair.

BRAIN & MOOD

Semax/Selank

Enhances focus and reduces anxiety.

Dihexa

Supports memory and cognitive performance.



ENERGY & CELLULAR HEALTH

NAD+

Improves cellular energy and brain function.

MOTS-C

Supports metabolism and energy levels.

HORMONE & LIBIDO

PT-141

Enhances libido and arousal.

Oxytocin

Supports bonding and emotional wellness.



CLIENT FAQs

How long to see results?

Most clients see results within 4–12 weeks.

Are peptides safe?

Yes, when prescribed and monitored by a provider.

Do injections hurt?

Minimal discomfort with very small needles.

Do I have to inject?

Some options include capsules and nasal sprays.

Can I combine peptides?

Yes, customized protocols are common.

How long do I stay on them?

Depends on your goals—short or long-term use.



KISS AESTHETICS

Elevated Aesthetics. Optimized Wellness.