

IV Drip Therapy for Skin & Wellness: What You Should Know

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Intravenous (IV) drip therapy—once confined to hospital settings—is increasingly being offered in Indian aesthetic and wellness clinics for skin glow, hair strength, immunity and recovery. According to recent reports, urban wellness centres now promote these treatments under names like “Beauty IV”, “Glow Drip” or “Anti-Ageing Infusion”.

Drip solutions typically include high doses of vitamins (such as C, B-complex), minerals (zinc, magnesium), amino acids and antioxidants like glutathione. The idea: bypass the digestive system, deliver nutrients straight to the bloodstream and thus accelerate benefits.

What These Treatments Claim to Do

Depending on the clinic and formulation, beauty/aesthetic drips may offer:

- Radiant skin, improved complexion and texture (via Vitamin C + glutathione).
- Reduced hair fall, better nail strength (via biotin, zinc, B-vitamins).
- Hydration boost, fatigue reduction and immune support (via fluids + vitamins).

For example, one Indian clinic lists its “Glow/Vit IV Drip Therapy” as delivering key nutrients, improving skin tone and cell repair.

The Catch: Evidence & Safety Concerns

While the trend is growing, medical experts warn that much of the evidence for aesthetic IV drips remains anecdotal. For healthy individuals without nutrient deficiencies, the benefit may be marginal.

Moreover, there are real risks:

- If administered in non-sterile conditions, risks of infection exist.
- Over-dosing certain nutrients (e.g., high doses of Vitamin C, glutathione) without medical supervision can tax organs.
- Some treatments may be expensive—pricing in India has been reported between **₹2,000 to ₹22,000** per session, depending on composition.

Additionally, many doctors emphasise that IV drips are not substitutes for healthy diet, sleep, hydration or skincare routines.

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