

Celebs tout IV drips that lighten skin



Skin brightening is very much in vogue again, but this time it's not about topical creams that can burn or blotch your skin and lead to a whole host of side-effects. It's about lightening your skin from the inside, with the active ingredients injected into your bloodstream via an IV drip.

So what is glutathione, and how does this skin brightening treatment work?

"Glutathione is an extremely powerful antioxidant," says Dr Maureen Allem, general practitioner and medical director at the Skin Renewal Clinic.

"A combination of glutathione delivered with vitamins, minerals and fluids hydrates the skin and reduces melanin production."

"It is recommended to have IV infusions (lasting about one hour) twice a week in the first month, then they can be done weekly until your desired skin tone and results are achieved. After that, one session every month to maintain results is recommended," says Allem.

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