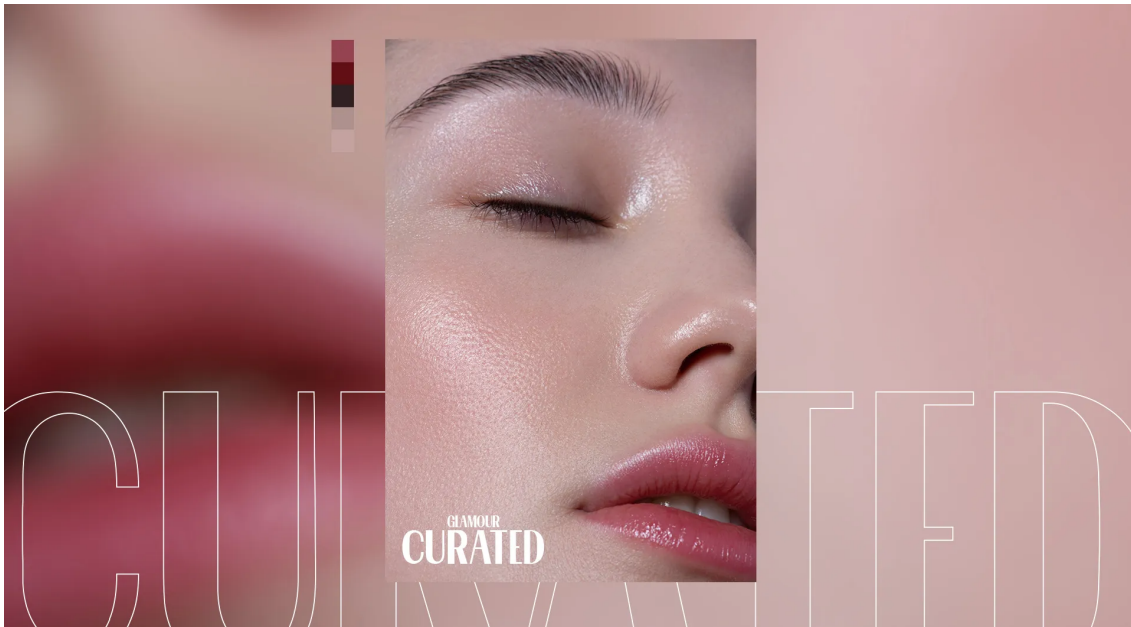




CoffeeAndMilk/Getty Images

SKINCARE

Polynucleotides (aka salmon sperm) are the new luxury injectable everyone's talking about – here's how they transformed my skin

Everything you need to know.



BY FIONA EMBLETON
18 September 2024

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I'm on the phone, power walking to my appointment while trying to explain to my mother what polynucleotides, the procedure I'm about to have, are.

"Fiona, what do you mean you're on your way to have some injections? What injections?"

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Salmon sperm.

Silence.

"I think the line must be bad, I thought you said salmon sperm!"

Yep, that's right.

Another awkward silence.

"Darling, is this some kind of weird fertility treatment?"

No, definitely not, I tell her, but I agree that it sounds like something you may want to file under 'things we wish we didn't know'. So why *am* I about to have fish DNA injected into my cheeks and under-eyes?



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