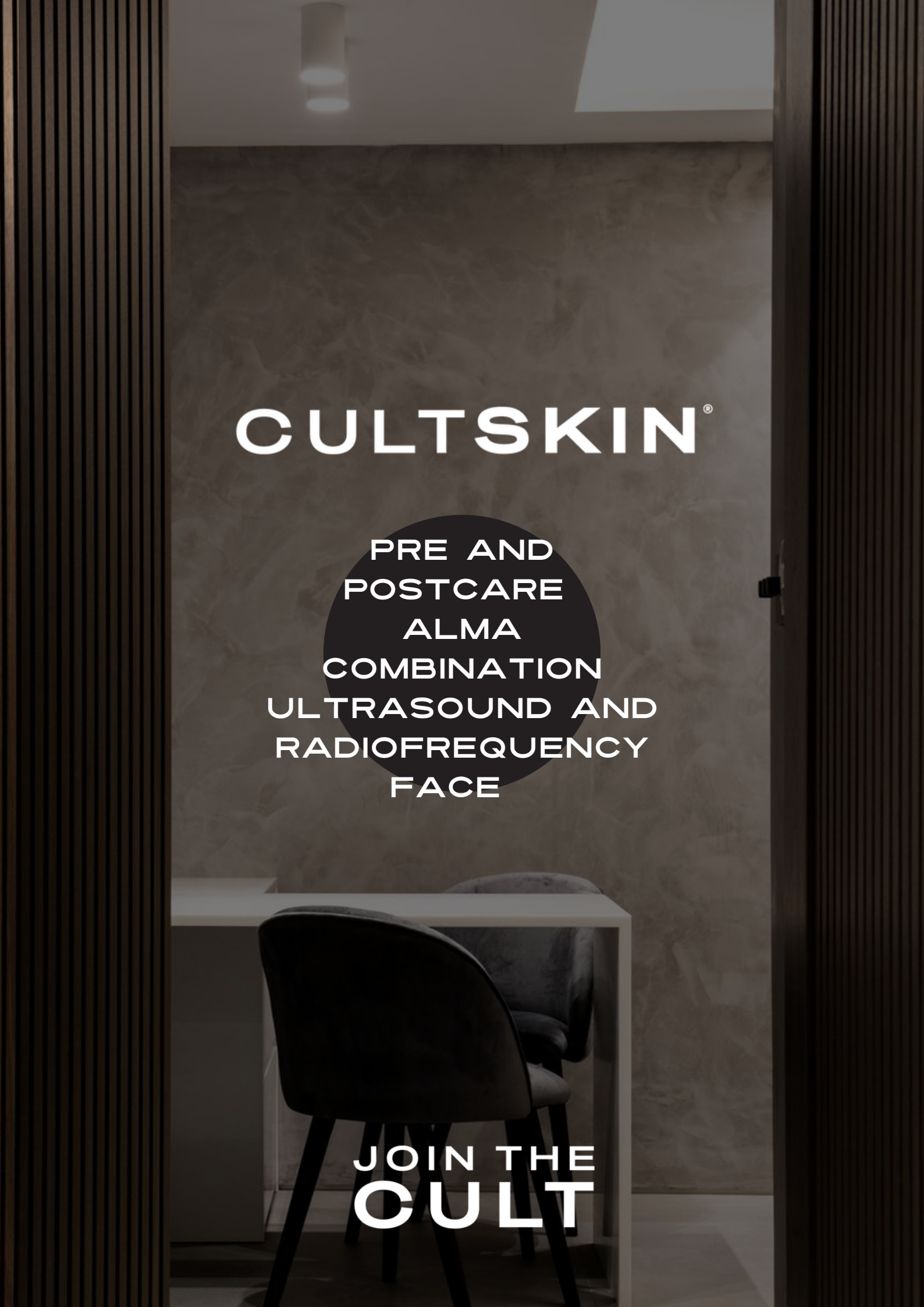




CULTSKIN[®]

**PRE AND
POSTCARE
ALMA
COMBINATION
ULTRASOUND AND
RADIOFREQUENCY
FACE**

**JOIN THE
CULT**

PRE AND POSTCARE ALMA COMBINATION ULTRASOUND AND RADIOFREQUENCY FACE

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PRE & POST-TREATMENT CARE

Alma's combination ultrasound and radiofrequency (RF) technology uses controlled energy to heat targeted tissue, supporting collagen production, skin tightening and facial contouring. Depending on the treatment protocol, ultrasound may also be used to target localised areas of adipose tissue, such as beneath the chin.

The treatment is non-invasive and is generally associated with little to no downtime. Your practitioner will tailor the treatment area, energy levels and protocol to your individual needs.

PRE-TREATMENT CARE

1-2 WEEKS BEFORE

- Avoid excessive sun exposure and tanning of the treatment area.
- Avoid treatment if the skin is sunburnt, irritated or significantly inflamed.
- Inform your practitioner of any recent injectable treatments, laser, IPL, chemical peels, microneedling or other energy-based treatments.
- Inform your practitioner of any new medication or changes to your medical history.
- If you have an implanted electronic device or metal implant, inform your practitioner before treatment so suitability can be assessed.

3-7 DAYS BEFORE

- Keep your skincare routine gentle.
- Avoid aggressive exfoliation, facial scrubs or treatments that may sensitise the skin.
 - Avoid introducing new active skincare products immediately before treatment.
- Avoid waxing, threading or other potentially irritating facial treatments shortly before your appointment.

BEFORE YOUR APPOINTMENT

- Arrive with clean skin where possible.
- Remove makeup, SPF, creams and skincare from the treatment area before treatment.
- Avoid treatment if you have an active infection, open wound, cold sore or significant irritation in the treatment area.
 - Inform your practitioner if you have a history of cold sores.
- Follow any additional instructions provided during your consultation.

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ON THE DAY

- Your skin will be cleansed before treatment.

- A suitable treatment medium may be applied depending on the Alma device and protocol being used.
- The ultrasound and/or RF applicator will be moved across the selected treatment areas.
 - You may feel a gentle warming sensation, pressure or massage-like movement.
- The treatment should remain comfortable. Inform your practitioner immediately if the energy feels excessively hot or uncomfortable.

Alma describes its facial ultrasound/RF treatments as virtually pain-free and suitable for a lunchtime treatment with no downtime.

POST-TREATMENT CARE IMMEDIATELY AFTER

You may experience:

- Mild warmth
- Temporary redness or flushing
 - Mild sensitivity
- A feeling of tightness
- Mild tenderness or swelling in some areas

These effects should settle relatively quickly.

Normal activities can generally be resumed after treatment when the skin feels comfortable.

FIRST 24 HOURS

- Avoid excessive heat, including saunas, steam rooms, hot tubs and very hot showers.
- Avoid strenuous exercise if the treated area remains warm, flushed or sensitive.
 - Avoid unnecessary rubbing or massage of the treated area.
 - Keep the skin clean and hydrated.
 - Use gentle skincare.
- Apply broad-spectrum SPF 30-50 and minimise direct sun exposure.

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FIRST 48-72 HOURS

- Continue to avoid excessive heat if the skin remains warm or sensitive.
 - Avoid aggressive exfoliation, facial scrubs and irritating skincare.
 - Avoid waxing, threading or other treatments that may irritate the skin.
- Do not have another laser, RF, ultrasound or other energy-based treatment on the same area unless advised by your practitioner.
 - Continue using daily SPF.

SKINCARE

Keep your skincare routine simple immediately following treatment.

AM

1. Gentle cleanser
2. Hydrating moisturiser
3. SPF 30-50

PM

1. Gentle cleanser
2. Hydrating moisturiser

Once the skin feels completely comfortable, you can gradually return to your usual skincare routine.

If your practitioner has recommended specific products, follow their personalised instructions.

SUN PROTECTION

Sun protection is important throughout your treatment course.

- Use SPF 30-50 every day.
- Reapply when spending prolonged periods outdoors.
 - Avoid sunbeds and intentional tanning.
- Wear a hat and seek shade where possible.

MAKEUP

Makeup can generally be applied once the skin is comfortable and any temporary redness has settled.

If the skin feels hot, irritated or unusually sensitive, allow it to settle before applying makeup.

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When Should I Contact CULTSKIN® Immediately?

Please contact the clinic promptly if you experience:

- Significant or increasing pain
- Excessive or persistent swelling
- Severe or worsening redness
 - Blistering
- Unusual skin discolouration
- Significant tenderness that is worsening rather than improving
- Signs of infection, including increasing heat, discharge or worsening pain
 - Any reaction that concerns you

If you experience difficulty breathing, difficulty swallowing or symptoms of a severe allergic reaction, seek emergency medical attention immediately.

Although complications are uncommon, prompt assessment is essential if any of the above occur.

Should you feel concerned by what seems like an adverse reaction, want reminding on your specified aftercare instructions, or in the case of an emergency, feel free to call us on our main line number, **0203 970 4693**, within opening hours. However, we also have a dedicated emergency line, open 24 hours a day, to which you can call on **07311799185**

SKIN REPAIR CREAM

[HTTPS://CULTSKIN.COM/PRODUCT/INNO-DERMA-SKIN-REPAIR/](https://cultskin.com/product/inno-derma-skin-repair/)
CLEANSER

[HTTPS://CULTSKIN.COM/PRODUCT/INNO-DERMA-SOFT-CLEANSER/](https://cultskin.com/product/inno-derma-soft-cleanser/)
SPF

[HTTPS://CULTSKIN.COM/PRODUCT/INNO-DERMA-SUN-DEFENSE-SPF-50/](https://cultskin.com/product/inno-derma-sun-defense-spf-50/)

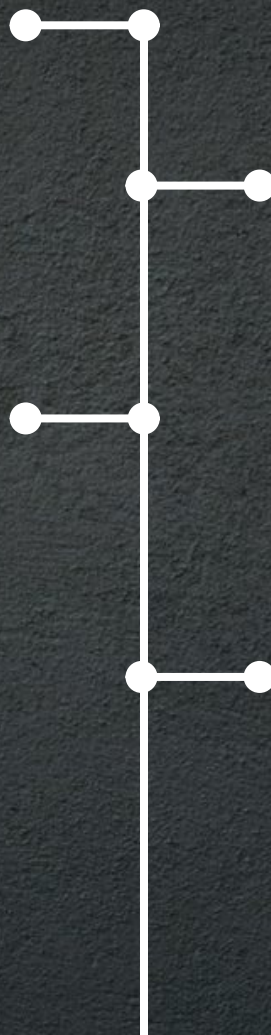


CULTSKIN® LAB

At CULTSKIN®, we believe in taking a holistic approach to skincare, where every step of your journey is carefully planned to achieve lasting results. The CULTSKIN® Lab is the UK's first of its kind, offering an exclusive 12-month subscription that provides you with one advanced skin treatment every month, ensuring consistent care and improvement throughout the year.

During your initial CULTSKIN® Lab consultation, your skin will be digitally scanned using the ph formal scanner, which identifies any areas that may need special attention.

At each treatment, we'll assess your skin and adjust your plan to address any new concerns that may arise.



Based on this analysis, our experts will create a personalized treatment plan tailored to enhance the overall quality of your skin in the most effective way.

As a CULTSKIN® Lab member, you'll also receive a complimentary skin scan every three months, allowing us to track your progress and fine-tune your treatment plan for optimal results.



This personalized, ongoing care is a core part of your skincare journey, ensuring you achieve the healthiest, most radiant skin possible.

PRICING

See below your custom quotation for treatment from our 5 star team.

FLEXIBLE PAYMENT OPTIONS AT CULTSKIN®

At CULTSKIN®, we believe that achieving your goals should be accessible and stress-free. That's why we offer a range of flexible payment options to suit your needs.

- **Klarna:** Split your payments into manageable, interest-free installments with Klarna. Enjoy your treatments now and pay later at your convenience.
- **Plim Finance:** Spread the cost over a longer period with Plim Finance, designed to offer affordable monthly payments without compromising on quality.
- **GoCardless:** Set up hassle-free, recurring payments for subscriptions and memberships with GoCardless, ensuring your skin journey is seamless and uninterrupted.

We also have a range of subscription models to make premium treatments accessible to all budgets. Speak to our team today to find the best option for you and for more information see [here](#).

CULTSKIN® LAB

The CULTSKIN® lab is annual subscription which is composed of 12 affordable monthly payments which work out 50 % less than the ad hoc treatment prices with a host of other benefits. For more information see [here](#).

For those seeking a more flexible approach, the CULTSKIN® LITE Lab offers a rolling subscription with an initial deposit and monthly payments, providing express treatments and exclusive benefits. Rest assured, all payments are processed securely, and we ensure a seamless experience for our clients every step of the way.



If you would like to go ahead with any of the previous treatments, then you can book your appointment today one of three ways:



ONLINE
click here



BY PHONE
02039704693



BY EMAIL
bookings@cultskin.com

VIEW OUR FULL LIVE TREATMENT BIBLE

CLICK HERE



A smiling man with a shaved head, wearing a black t-shirt and dark pants, stands in a modern interior. He has his hands clasped in front of him and is looking upwards and to the right. The background features a dark, textured wall and a white horizontal ledge. The overall mood is positive and sophisticated.

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