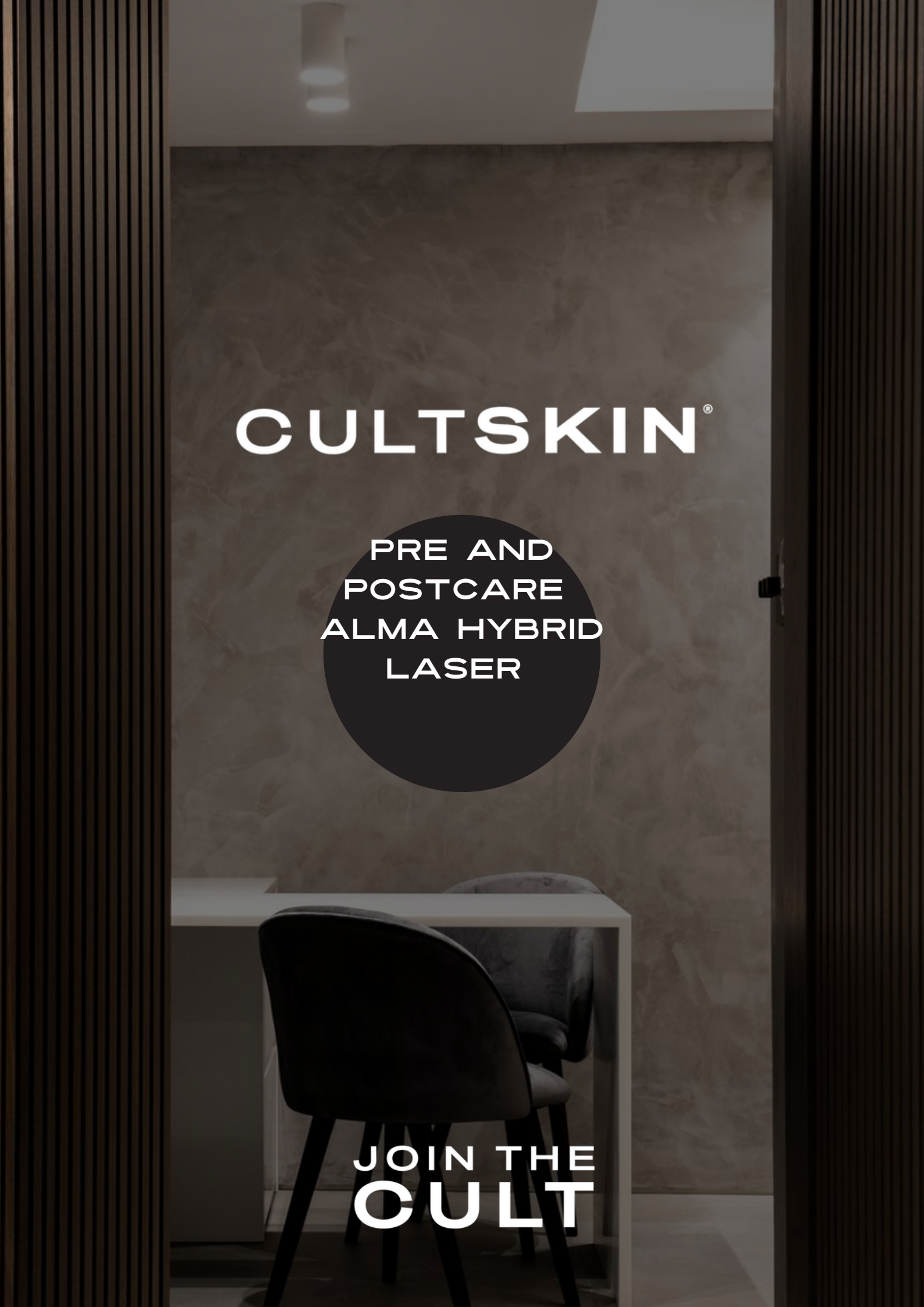




CULTSKIN[®]

**PRE AND
POSTCARE
ALMA HYBRID
LASER**

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PRE AND POSTCARE ALMA HYBRID LASER

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ALMA HYBRID LASER

Pre- & Post-Treatment Care

Alma Hybrid combines different laser technologies to provide controlled skin resurfacing and rejuvenation. Treatment can improve skin texture, pigmentation, fine lines, scarring and overall skin quality.

Because the treatment can produce varying levels of resurfacing, your recovery and aftercare will depend on the settings and treatment protocol used.

PRE-TREATMENT CARE

2-4 Weeks Before Treatment

Avoid Sun Exposure & Tanning

- Avoid excessive sun exposure and sunbeds.
- Avoid intentional tanning.
- Do not have treatment on sunburned or significantly tanned skin.
- Apply broad-spectrum SPF 30-50 every day.
- Avoid self-tan immediately before treatment.

Sun exposure can increase the risk of pigmentation changes following laser treatment.

1-2 Weeks Before Treatment

Avoid other treatments that may sensitise or irritate the skin, including:

- Chemical peels
 - Microneedling
 - Dermabrasion
 - Other laser treatments
 - Aggressive facials
 - Waxing or other treatments that irritate the treatment area
- Inform your therapist of any recent aesthetic or dermatological treatments.

3-7 Days Before Treatment

Depending on your treatment protocol, your therapist may advise temporarily stopping:

- Retinol/retinoids
- AHA/BHA and other exfoliating acids
- Exfoliating scrubs
- Benzoyl peroxide
- Other strong or irritating active skincare

Do not stop prescribed medication without discussing this with your doctor or prescribing clinician.

IMPORTANT – LIPS & COLD SORES

If the lips or the area around the mouth is being treated, tell your Doctor if you have ever had a cold sore (herpes simplex), even if you have not had one recently.

Laser treatment around the lips can trigger a cold-sore outbreak in susceptible individuals. Your practitioner may recommend antiviral medication before and/or after treatment where appropriate.

Do not proceed without informing your Doctor of your cold-sore history.

BEFORE YOUR APPOINTMENT

Please inform your therapist if you:

- Have an active cold sore, infection, rash or open wound.
 - Have recently been exposed to significant sun.
 - Have recently used a sunbed or developed a tan.
- Have a history of pigmentation following laser treatment.
 - Have a history of abnormal or keloid scarring.
 - Are using prescription skincare or medication.
- Have recently had cosmetic injections or other aesthetic treatments.
- Have any allergies, medical conditions or concerns that may affect treatment.

ON THE DAY

- Arrive with clean skin and no makeup.
- Do not apply creams, oils or active skincare immediately before treatment unless instructed.
 - Remove self-tan completely from the treatment area.
- Avoid shaving immediately before treatment if it would leave the skin irritated.
 - Your practitioner will cleanse and prepare the skin before treatment.

POST-TREATMENT CARE

Following Alma Hybrid treatment, it is normal to experience some combination of:

- Redness
- Warmth
- Swelling
- Tightness
- Sensitivity
- A sunburn-like sensation
- Dryness
- Darkening of pigmentation before it sheds
- Flaking or peeling

Depending on the intensity of treatment, you may have visible resurfacing and a longer recovery period.

FIRST 24 HOURS

DO

- Follow your therapist's specific post-laser instructions.
- Keep the skin clean and treat it gently.
- Use only the post-treatment products recommended by your Therapist.
- Keep the skin hydrated.
- Use clean hands when applying products.
- Sleep with your head slightly elevated if swelling is present.
- Use a cool compress if recommended.
- Keep away from direct sunlight.

AVOID

- Touching, rubbing or scratching the treated skin.
- Picking or peeling the skin.
- Hot showers directly onto the face.
- Saunas and steam rooms.
- Hot tubs.
- Swimming.
- Strenuous exercise and excessive sweating.
- Alcohol if it increases flushing or swelling.
- Makeup unless specifically cleared by your practitioner.
- Active or irritating skincare.

PRE AND POSTCARE ALMA HYBRID LASER

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DAYS 2-7

Depending on your treatment intensity, the skin may become dry, tight, darker or begin to flake/peel.

IMPORTANT:

Do not pick, pull or manually remove peeling or flaking skin.

Allow the skin to heal naturally.

Continue to:

- Use a gentle cleanser as advised.
- Apply your recommended post-treatment moisturiser/barrier-repair product.
 - Keep the skin hydrated.
 - Avoid retinol/retinoids.
- Avoid AHA/BHA and other exfoliating acids.
 - Avoid scrubs and exfoliating devices.
- Avoid facials, dermaplaning, peels and other resurfacing treatments.
 - Avoid excessive heat and sun exposure.

Your therapist will advise when normal skincare can be resumed.

LIPS AFTERCARE

The lips can be more sensitive and may swell following laser treatment.

- Keep the lips moisturised with the product recommended by your practitioner.
 - Avoid licking, picking or peeling the lips.
 - Avoid irritating or fragranced lip products.
- Avoid very hot food and drinks while the lips are sensitive.
 - Avoid smoking while the area is healing.
 - Avoid excessive sun exposure.
 - Do not pick at any dryness or flaking.

Cold sores

If you develop tingling, burning, blistering or a cold sore around the lips, contact your practitioner promptly for advice.

If you have been prescribed antiviral medication, take it exactly as instructed.

NECK AFTERCARE

The neck can be more sensitive than the face.

- Treat the neck with the same gentle skincare routine.
- Avoid friction from tight collars, scarves and jewellery.
 - Avoid excessive heat.
 - Protect the neck from direct sunlight.
 - Apply SPF once advised by your practitioner.
- Do not massage or manipulate the treated area unless specifically instructed.

SUN PROTECTION

Sun protection is essential following Alma Hybrid treatment.

- Apply broad-spectrum SPF 30-50 daily once your practitioner advises it is appropriate.
 - Reapply when outdoors.
 - Wear a hat and seek shade where possible.
 - Avoid prolonged direct sunlight.
 - Avoid sunbeds and intentional tanning.

Strict sun protection helps reduce the risk of post-inflammatory pigmentation.

RETURNING TO ACTIVE SKINCARE

Your therapist will advise when your skin has recovered sufficiently to restart active skincare.

This may include:

- Retinol/retinoids
 - Vitamin C
 - AHA/BHA
- Exfoliating products
 - Benzoyl peroxide
- Prescription skincare

Restart active products gradually rather than returning immediately to your full skincare routine.

MAKEUP

Your therapist will advise when makeup can safely be applied.

Once permitted:

- Use clean brushes and applicators.
- Avoid heavy or irritating products while the skin remains sensitive.
- Remove makeup gently without rubbing or exfoliating.

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When Should I Contact CULTSKIN® Immediately?

Please contact the clinic promptly if you experience:

- Severe or increasing pain
- Rapidly increasing swelling
 - Significant blistering
- Increasing redness or warmth
- Pus or other signs of infection
- Significant or unusual skin discolouration
 - Severe or persistent burning
- A cold-sore outbreak around the lips
- Any reaction that is worsening rather than improving

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**

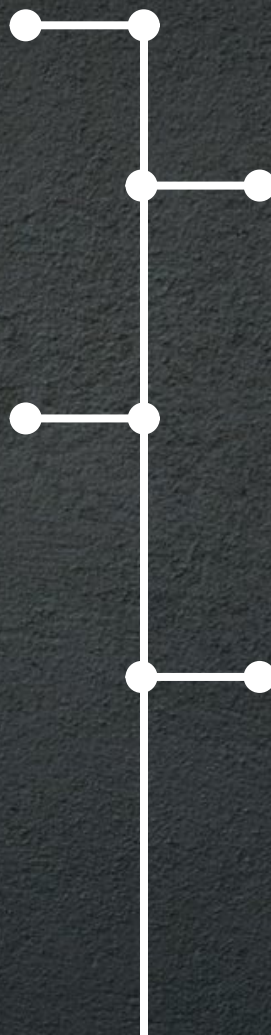


CULTSKIN® LAB

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 man with a shaved head and a wide smile is standing in a modern, dimly lit interior. He is wearing a dark t-shirt and has his hands clasped in front of him. The background features a textured wall and a dark, ribbed vertical element on the left.

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