

The background of the image is a dimly lit, modern interior. It features a wall with a subtle, organic texture. In the foreground, there is a white rectangular table and two black chairs with curved backs. The lighting is soft and focused, creating a sophisticated and minimalist atmosphere.

CULTSKIN[®]

PRE AND
POSTCARE
LASER HAIR
REMOVAL

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PRE AND POSTCARE LASER HAIR REMOVAL

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Pre- & Post-Treatment Care – All Treatment Areas

Laser hair removal uses controlled laser energy to target the pigment within the hair follicle. Correct preparation and aftercare help maximise treatment effectiveness while reducing the risk of irritation, burns and pigmentation changes.

These instructions apply to face and body areas, including underarms, bikini/Brazilian, legs, arms, back, chest, abdomen and other areas treated by your Therapist.

PRE-TREATMENT CARE

4 Weeks Before Treatment

Avoid waxing, threading and epilating

Do not wax, tweeze, thread or epilate the hair in the treatment area.

These methods remove the hair from the root, which is the target needed for laser hair removal.

Shaving is permitted and recommended.

If you have been waxing or epilating regularly, you may need to allow sufficient time for the hair cycle to return before beginning laser treatment. Your practitioner will advise you.

2-4 Weeks Before Treatment

Avoid tanning

Avoid sunbathing and sunbeds.

Avoid intentional tanning.

Avoid tanning injections.

Avoid self-tan on the treatment area in the days before treatment.

Use broad-spectrum SPF 30-50 daily on exposed areas.

Laser treatment should not normally be performed on recently sunburned or significantly tanned skin.

If you have recently tanned, inform your practitioner before your appointment.

5-7 Days Before Treatment

Avoid irritating or exfoliating products on the treatment area.

Avoid strong acids, scrubs and other products that may sensitise the skin.

Avoid applying fragranced products if the area is prone to irritation.

Avoid treatments that may cause inflammation of the skin.

For facial areas, your Therapist may advise temporarily stopping retinoids or other active skincare depending on your skin and the laser being used.

SHAVING BEFORE YOUR TREATMENT

The treatment area should generally be shaved before your appointment.

Your practitioner may recommend shaving:

24 hours before treatment, or

according to the specific instructions provided by your clinic/device protocol.

The hair should be short enough that it does not sit above the surface of the skin, while leaving the follicle intact beneath the skin.

Important

Do not wax, tweeze or epilate before treatment.

If you are unsure whether an area should be shaved, contact the clinic before your appointment.

ON THE DAY OF TREATMENT

Arrive with clean, dry skin.

Do not apply moisturiser, body oil or other products to the treatment area unless instructed.

Avoid deodorant on areas being treated, particularly the underarms.

Avoid perfume or fragranced products on the treatment area.

Do not apply makeup to facial areas being treated unless advised otherwise.

Remove self-tan completely from the treatment area.

Inform your practitioner if you have any irritation, cuts, rash, sunburn or active skin condition.

Please tell your therapist if:

You have recently been in strong sunlight or used a sunbed.

You have developed a tan.

You have an active skin infection or cold sore.

You have recently started new medication.

You have had another aesthetic or dermatological treatment.

You have experienced an unusual reaction to previous laser treatments.

PRE AND POSTCARE LASER HAIR REMOVAL

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POST-TREATMENT CARE

Immediately following laser hair removal, the treated area may appear:

- Red
- Warm
- Slightly swollen
- Sensitive
- Similar to mild sunburn

Small red or raised areas around individual follicles can occur and may be a normal response to treatment. These effects should gradually settle.

FIRST 24 HOURS

DO

- Keep the treated area clean and dry.
- Use gentle skincare.
- Apply a soothing moisturiser or post-laser product recommended by your practitioner.
- Apply broad-spectrum SPF 30-50 to exposed treated areas.
- Wear loose, comfortable clothing after body treatments where possible.
- Keep the area protected from friction.

AVOID

- Hot baths and very hot showers.
- Saunas and steam rooms.
- Hot tubs.
- Swimming pools.
- Strenuous exercise and excessive sweating.
- Direct sun exposure.
- Sunbeds.
- Perfume or fragranced products on the treated area.
- Deodorant on treated underarms if the area remains irritated.
- Scratching, rubbing or picking the skin.

PRE AND POSTCARE LASER HAIR REMOVAL

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FIRST 48-72 HOURS

Continue to avoid:

Excessive heat

Saunas and steam rooms

Hot tubs

Swimming if the skin remains irritated

Intense exercise if it causes excessive sweating or irritation

Direct sun exposure

Exfoliating products

Strong active skincare

Fragranced products on sensitive areas

If the skin feels dry or sensitive, use a gentle, fragrance-free moisturiser as recommended.

SHAVING & HAIR GROWTH AFTER TREATMENT

You may shave between treatments when required.

Do not wax, tweeze or epilate during your course of laser hair removal, as these methods remove the hair from the follicle and can interfere with subsequent laser treatments.

It is normal for treated hairs to appear as though they are still growing after treatment. Some hairs may gradually shed from the follicle over the following days or weeks.

Do not pull or manually remove these hairs.

SUN PROTECTION

Sun protection is essential throughout your laser hair removal course.

Use SPF 30-50 daily on exposed treated areas.

Reapply regularly when outdoors.

Avoid prolonged direct sunlight.

Wear protective clothing where appropriate.

Avoid sunbeds and intentional tanning.

Treatment may need to be postponed if the skin has become significantly tanned or sunburned

PRE AND POSTCARE LASER HAIR REMOVAL

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BETWEEN TREATMENTS

For best results:

- Follow the treatment schedule recommended by your Therapist.
 - Shave rather than wax or epilate.
 - Continue using SPF.
 - Avoid tanning.
 - Inform the clinic if you have started medication or developed a new skin condition.
 - Do not have other treatments on the area without discussing them with your practitioner.
- Laser hair removal requires a course of treatments because hair follicles are most responsive during particular stages of the hair-growth cycle.

FACE-SPECIFIC AFTERCARE

If the face has been treated:

- Avoid makeup until the skin has settled if advised by your practitioner.
 - Use gentle, non-irritating skincare.
- Avoid retinoids, acids and exfoliants if the skin is sensitive.
 - Avoid threading and waxing.
- Shaving or trimming is generally preferable between treatments.
 - Apply SPF 30-50 every day.

BODY-SPECIFIC AFTERCARE

For areas such as the, Underarms, Bikini/Brazilian, Legs, Arms, Chest, Back and Abdomen

Wear loose clothing where possible immediately following treatment.

For bikini and underarm treatments, minimise friction and avoid fragranced products until the skin has settled.

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When Should I Contact CULTSKIN® Immediately?

Please contact the clinic promptly if you experience:

- Severe or increasing pain
- Significant swelling
 - Blistering
 - Crusting or burns
- Marked skin discolouration
- Increasing redness or warmth
- Pus or other signs of infection
- A reaction that is worsening rather than improving
- Any other 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**

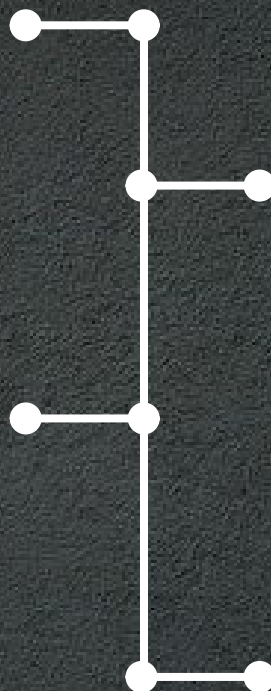


CULTSKIN® LAB

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.

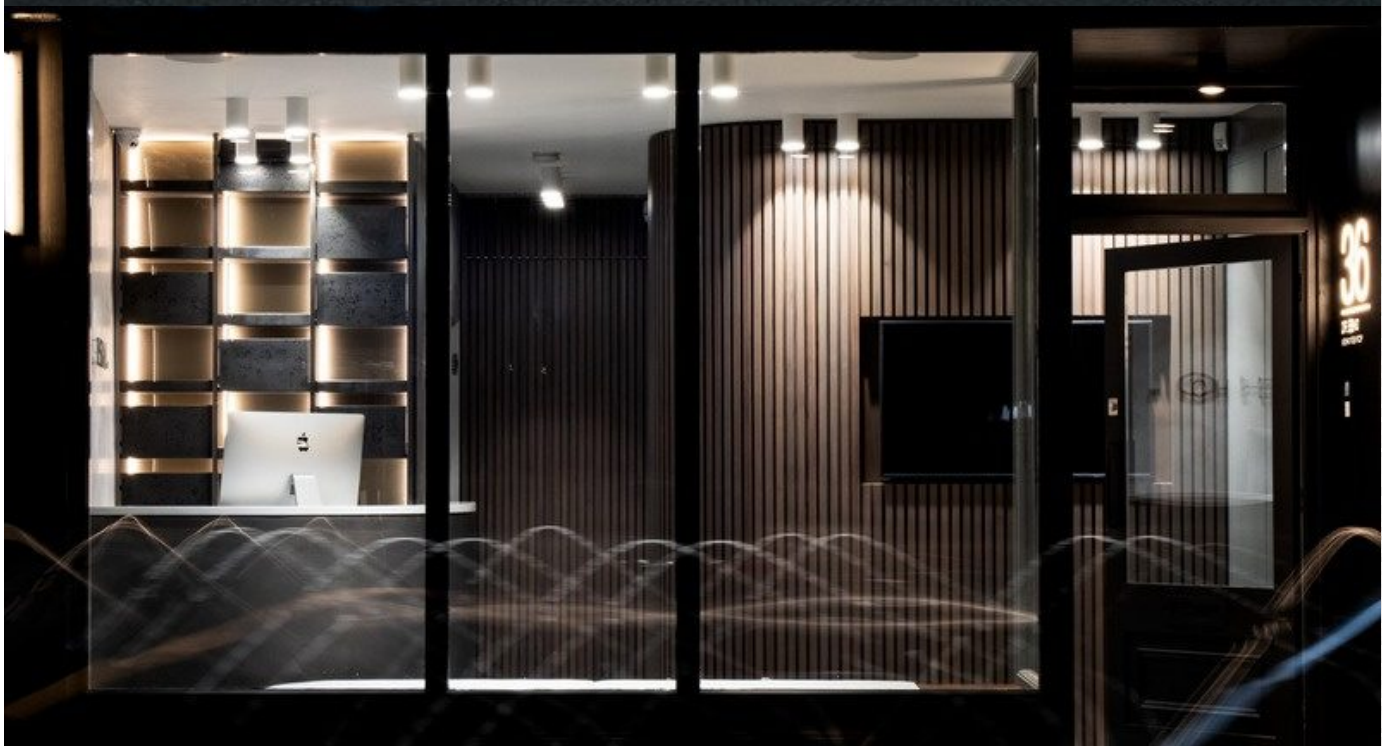
- **Klarna:** Split your payments into manageable, interest-free installments with Klarna. Enjoy your treatments now and pay later at your convenience.
- **Plim Finance:** Spread the cost over a longer period with Plim Finance, designed to offer affordable monthly payments without compromising on quality.
- **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



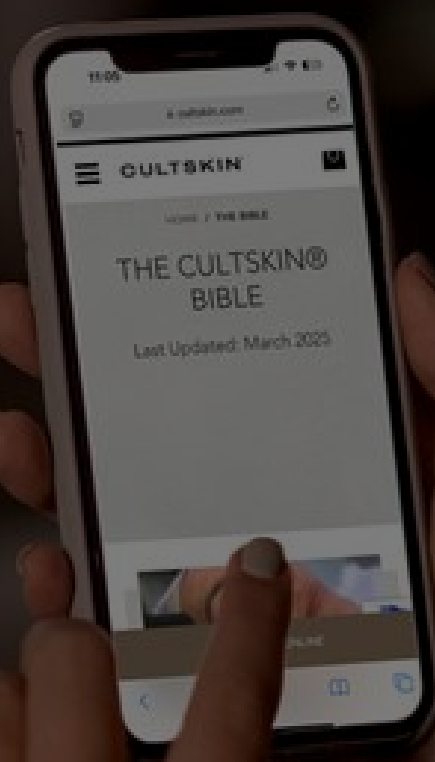
BY PHONE
02039704693



BY EMAIL
bookings@cultskin.com

VIEW OUR FULL LIVE TREATMENT BIBLE

CLICK HERE



A smiling man with a beard, wearing a dark t-shirt, stands in a modern interior with a textured wall and a dark vertical panel on the left. His hands are clasped in front of him.

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