



CULTSKIN[®]

PRE AND
POSTCARE
NIR LASER BY
ALMA

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PRE AND POSTCARE NIR LASER BY ALMA

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Alma's Harmony platform includes near-infrared (NIR) technology in the 1000–1500 nm range, with a peak around 1300 nm. NIR is used in non-ablative protocols for skin rejuvenation, collagen remodelling, tightening and improving overall skin quality.

NIR treatments generally have little to no downtime, although temporary warmth, redness or mild sensitivity can occur.

PRE-TREATMENT CARE

2 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 daily.
 - Avoid self-tan on the treatment area immediately before treatment.
- Sun protection is particularly important throughout your treatment course.

1–2 Weeks Before Treatment

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

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

3–7 Days Before Treatment

Unless otherwise instructed by your practitioner, avoid irritating active skincare such as:

- Retinol/retinoids
- AHA/BHA and exfoliating acids
- Exfoliating scrubs
- Benzoyl peroxide
- Other products that cause sensitivity or irritation

If you use prescription skincare, do not stop prescribed medication without speaking to your prescribing clinician or practitioner.

BEFORE YOUR APPOINTMENT

Please inform your practitioner if you:

- Have an active infection, cold sore, rash, open wound or irritated skin.
 - Have recently had significant sun exposure or developed a tan.
 - Have recently undergone another aesthetic or laser treatment.
 - Have a history of pigmentation following treatments.
 - Have a history of abnormal or keloid scarring.
 - Are taking medication or have started a new medication.
- Have any medical condition or allergy that may affect treatment.

ON THE DAY

- Arrive with clean, dry skin.
 - Remove makeup before treatment.
- Do not apply heavy creams, oils or active skincare immediately before treatment.
 - Remove self-tan from the treatment area.
- Avoid applying perfume or other potentially irritating products to the treatment area.
 - Your practitioner will cleanse and prepare the skin before treatment.

POST-TREATMENT CARE

Following NIR treatment, you may experience:

- Mild redness
 - Warmth
 - A feeling of heat in the skin
 - Mild sensitivity
 - Slight swelling
 - Temporary dryness or tightness

These effects should generally settle relatively quickly.

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FIRST 24 HOURS

DO

- Keep the skin clean and gently cared for.
- Use a gentle cleanser and moisturiser as recommended.
 - Keep the skin hydrated.
 - Apply SPF 30-50 as advised.
- Use a cool compress if recommended by your practitioner.
- Avoid unnecessary touching of the treated area.

AVOID

- Saunas and steam rooms.
- Hot baths and hot showers.
 - Hot tubs.
- Strenuous or sweat-inducing exercise.
- Swimming if the skin remains warm or irritated.
 - Direct sun exposure.
 - Sunbeds.
- Rubbing or massaging the treated area.
- Facial massage unless specifically advised.

Avoid heat treatments and strenuous, sweat-inducing exercise for 24 hours following treatment.

FIRST 7 DAYS

- Continue using a gentle cleanser and moisturiser.
 - Apply SPF 30-50 daily.
 - Avoid prolonged direct sunlight.
- Avoid exfoliating products while the skin is sensitive.
- Avoid retinol/retinoids and strong active skincare until advised that the skin has settled.
- Avoid chemical peels, microneedling and other laser/energy-based treatments unless approved by your practitioner.
- Do not excessively rub, scrub or massage the treated area.

Some Alma Harmony protocols recommend avoiding active ingredients and other professional energy-based treatments for approximately one week following treatment.

SUN PROTECTION

Sun protection is essential throughout your NIR treatment course.

- Use broad-spectrum SPF 30-50 every day.
 - Reapply when outdoors as required.
 - Avoid prolonged direct sunlight.
- Wear a hat and seek shade where possible.
- Avoid sunbeds and intentional tanning.

SKINCARE

Once the skin has completely settled, your practitioner will advise when to resume your normal skincare routine.

If you experience sensitivity, keep your routine simple:

Gentle cleanser → Hydrating moisturiser → SPF 30-50

Avoid introducing new active products immediately after treatment.

MAKEUP

Makeup may generally be resumed once the skin has settled and there is no significant redness or sensitivity, according to your practitioner's advice.

If makeup is used:

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

RESULTS & RECOVERY

NIR is a non-ablative treatment, so there is generally little to no downtime. The treatment works by delivering controlled thermal energy into the skin, supporting collagen remodelling and skin rejuvenation.

You may notice an initial improvement in skin freshness and tightness, while collagen-related improvements develop progressively.

A course of treatments may be recommended depending on your individual skin concerns and treatment plan.

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When Should I Contact CULTSKIN® Immediately?

Please contact the clinic promptly if you experience:

- Severe or increasing pain
- Significant or rapidly increasing swelling
 - Blistering
- Persistent or worsening burning
- Significant skin discolouration
- Increasing redness or warmth
 - Signs of infection
- 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**

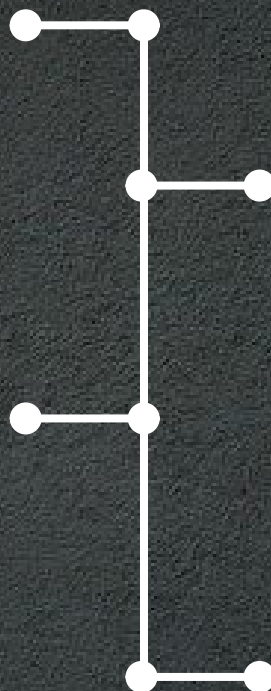


CULTSKIN® LAB

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.

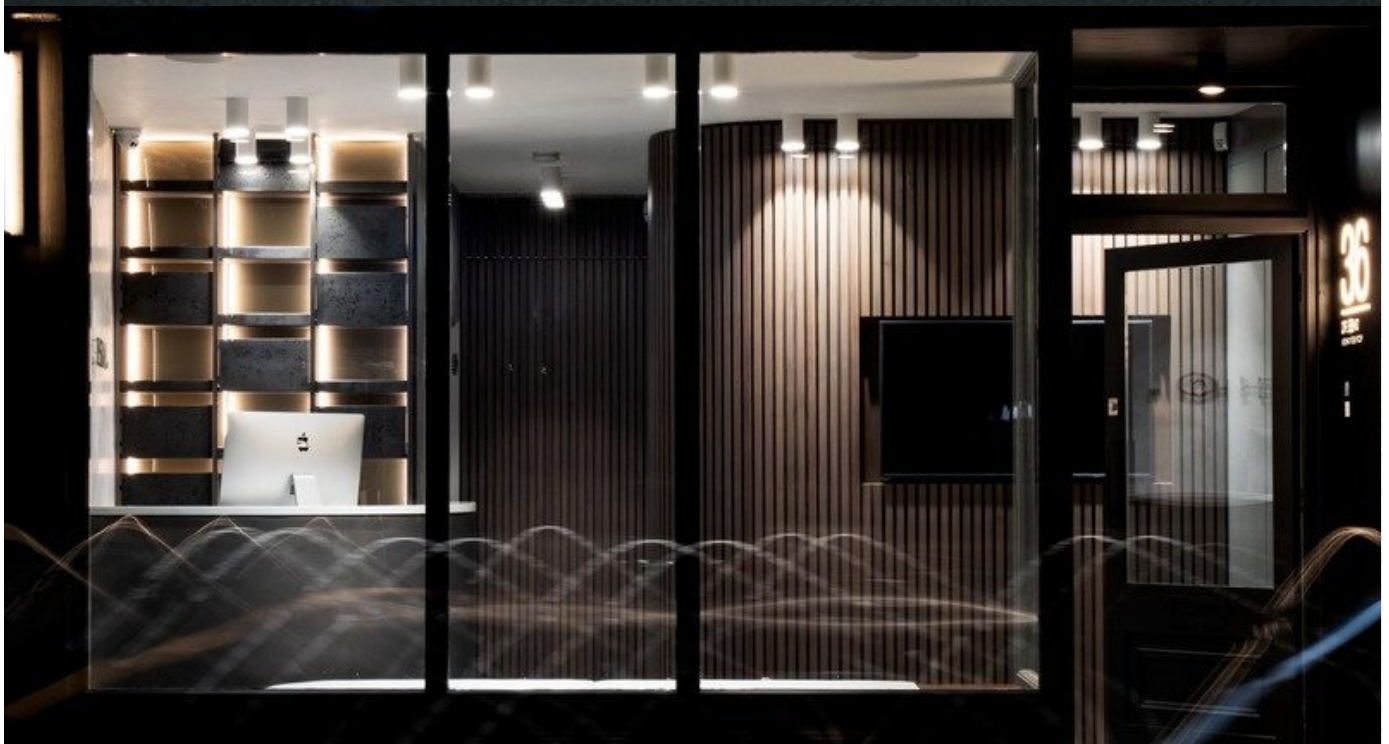
- **Klarna:** Split your payments into manageable, interest-free installments with Klarna. Enjoy your treatments now and pay later at your convenience.
- **Plim Finance:** Spread the cost over a longer period with Plim Finance, designed to offer affordable monthly payments without compromising on quality.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



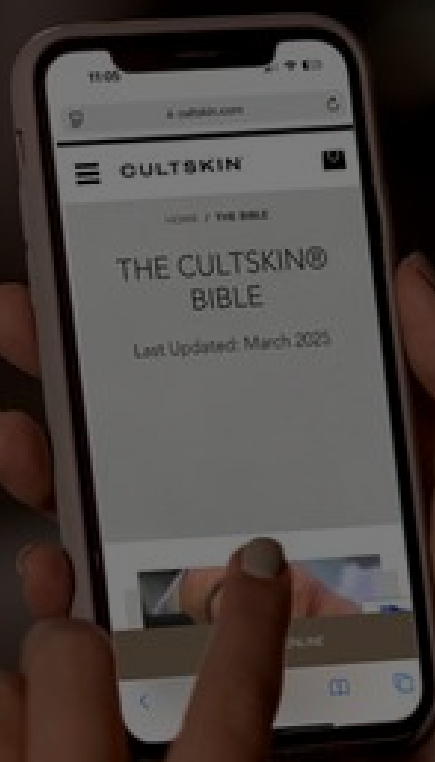
BY PHONE
02039704693



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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