



CULTSKIN®

**PRE AND
POSTCARE
NANONEEDLING**

**JOIN THE
CULT**

PRE AND POSTCARE NANONEEDLING

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PRE-TREATMENT CARE

1 Week Before Treatment

- Avoid excessive sun exposure, sunbeds and tanning.
- Do not have treatment on sunburned, irritated or broken skin.
 - Apply broad-spectrum SPF 30-50 daily.
- Avoid aggressive facial treatments such as chemical peels, laser, dermabrasion or microneedling unless advised by your practitioner.
- Avoid waxing, threading or other treatments that may irritate the treatment area for several days before treatment.
- Inform your practitioner of any recent aesthetic or dermatological treatments.

3-5 Days Before Treatment

Unless specifically advised otherwise by your practitioner, avoid products that may increase skin sensitivity, including:

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

Do not introduce new skincare products immediately before your appointment.

Before Your Appointment

Please inform your practitioner if you:

- Have an active cold sore, skin infection, open wound or significant inflammation.
 - Have recently had another facial or aesthetic treatment.
 - Have known allergies or sensitivities.
- Are experiencing an eczema or dermatitis flare-up.
 - Are using prescription skincare or medication.
- Have any concerns regarding your skin's suitability for treatment.

On the Day

- Arrive with clean skin and minimal or no makeup.
- Avoid heavy creams, oils or active skincare immediately before treatment.
 - Keep the treatment area free from self-tan.
- Your practitioner will cleanse and prepare the skin before treatment.

PRE AND POSTCARE NANONEEDLING

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POST-TREATMENT CARE

Nanoneedling generally has minimal downtime. You may experience temporary:

Mild redness

Warmth

Tightness

Mild sensitivity

Dryness

A temporary glow or flushed appearance

These effects should settle relatively quickly.

FIRST 24 HOURS

DO

- Keep the skin clean and treat it gently.
- Use a gentle cleanser and hydrating moisturiser as recommended.
 - Keep the skin well hydrated.
- Use clean hands when applying skincare.
- Apply broad-spectrum SPF 30-50 as advised by your practitioner.
- Avoid unnecessary touching of the face.

AVOID

- Picking, scratching or rubbing the skin.
 - Exfoliation or scrubs.
 - Retinol/retinoids.
- AHA/BHA or other exfoliating acids.
- Strong or irritating active ingredients.
 - Excessive heat.
- Saunas and steam rooms.
 - Swimming.
- Strenuous exercise or excessive sweating.
 - Prolonged direct sun exposure.

We recommend avoiding makeup and strenuous sweating for approximately 24-48 hours

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DAYS 2-5

- Continue with gentle cleansing and hydrating skincare.
 - Apply SPF 30-50 daily.
- Avoid exfoliation and strong active ingredients until the skin has completely settled.
- Avoid facials, chemical peels, dermaplaning, laser and microneedling unless advised by your practitioner.
 - Avoid prolonged sun exposure.
- Do not pick or manually exfoliate any dry or flaky skin.

Avoid retinoids, AHAs, BHAs and other active products for several days following treatment.

SUN PROTECTION

Sun protection is essential following nanoneedling.

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

RETURNING TO YOUR NORMAL SKINCARE

Once the skin has fully settled, your practitioner will advise when to restart active products, including, Retinol/retinoids, AHA/BHA, Exfoliating products, Benzoyl peroxide, Strong vitamin C formulations and Prescription skincare

Reintroduce active products gradually rather than restarting everything at once.

MAKEUP

Ideally, avoid makeup for 24 hours following treatment, particularly if the skin remains sensitive or flushed.

When makeup is permitted:

- Use clean brushes and applicators.
- Avoid heavy or irritating products.
- 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:

Increasing rather than improving redness

Significant swelling

Increasing or severe pain

Blistering

Marked skin discolouration

Pus or other signs of infection

A persistent or worsening rash

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**

**"PROFESSIONAL TREATMENTS WORK BEST WHEN THEY'RE
SUPPORTED BY THE RIGHT HOME CARE. THIS PRODUCT HELPS
CONTINUE THE WORK STARTED IN CLINIC"**

[HTTPS://CULTSKIN.COM/PRODUCT/INNO-DERMA-SOFT-CLEANSER/](https://cultskin.com/product/inno-derma-soft-cleanser/)
[HTTPS://CULTSKIN.COM/PRODUCT/INNO-DERMA-SUN-DEFENSE-OILY-
SKIN-SPF-50/](https://cultskin.com/product/inno-derma-sun-defense-oily-skin-spf-50/)

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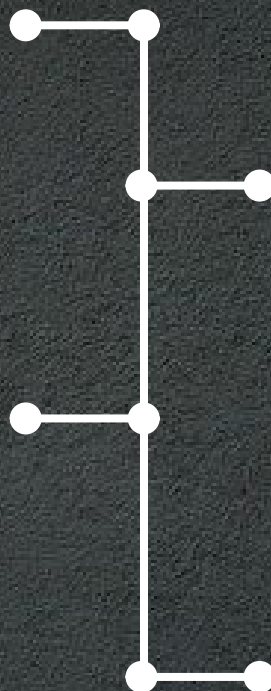


CULTSKIN® LAB

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.

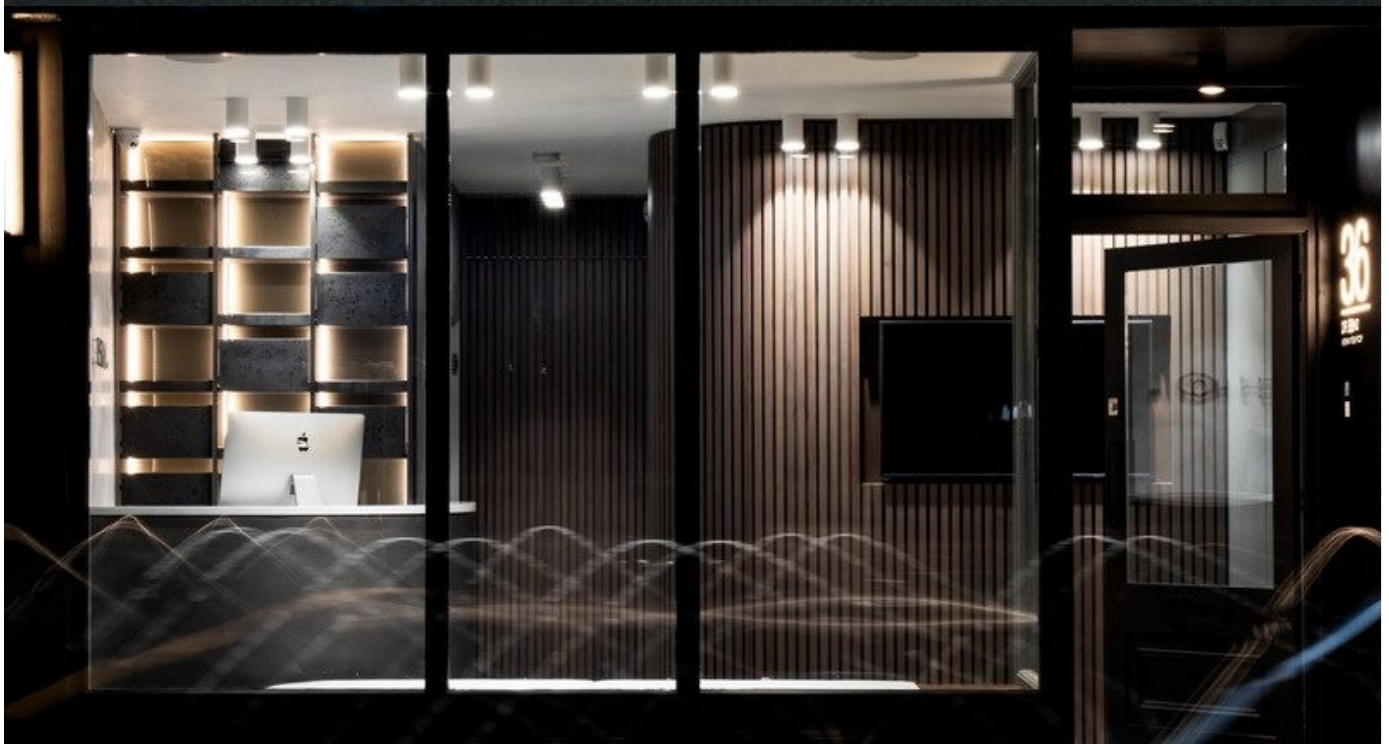
- **Klarna:** Split your payments into manageable, interest-free installments with Klarna. Enjoy your treatments now and pay later at your convenience.
- **Plim Finance:** Spread the cost over a longer period with Plim Finance, designed to offer affordable monthly payments without compromising on quality.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



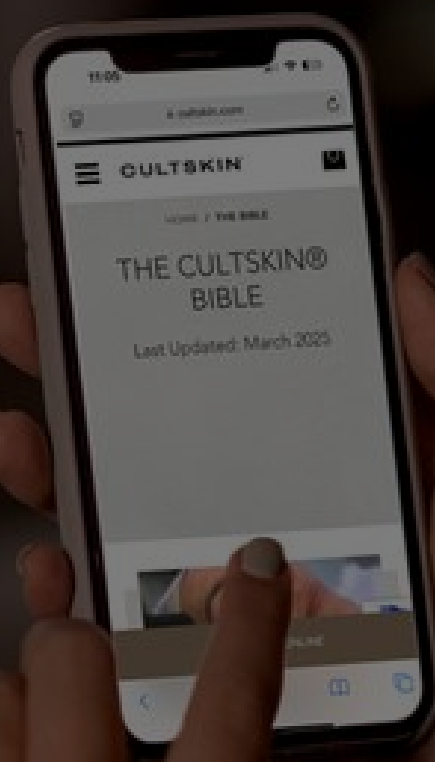
BY PHONE
02039704693



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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