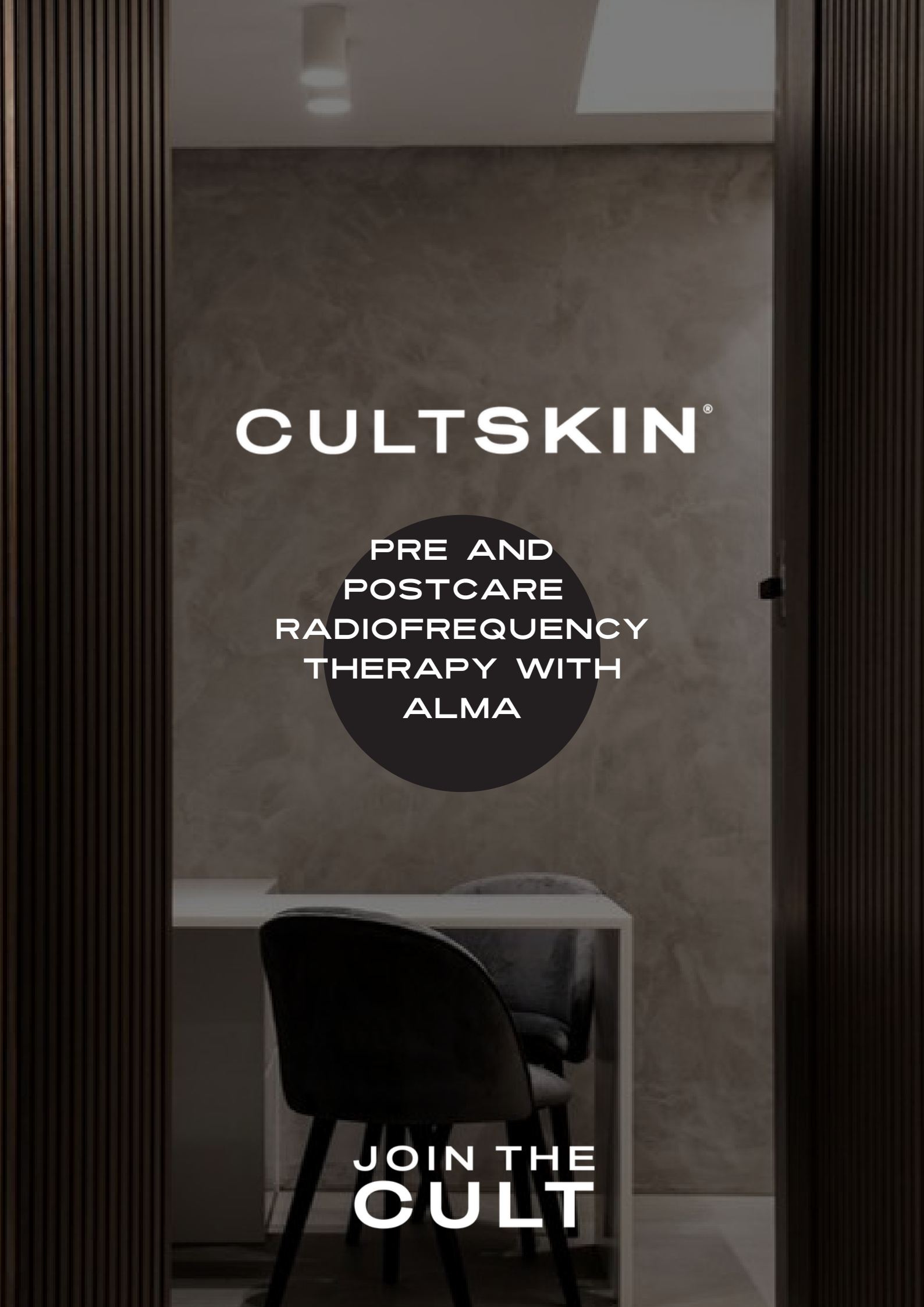


The background of the image is a dimly lit, modern interior. A dark, curved chair is visible in the foreground, partially obscured by the text. The wall behind it has a subtle, organic texture. The lighting is soft and focused, creating a sophisticated and minimalist atmosphere.

CULTSKIN[®]

PRE AND
POSTCARE
RADIOFREQUENCY
THERAPY WITH
ALMA

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CULT

PRE AND POSTCARE RADIOFREQUENCY THERAPY WITH ALMA

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CULT

Radio Frequency (RF) therapy uses controlled heat energy to stimulate the deeper layers of the skin, supporting collagen production and helping to improve skin firmness, tone and overall texture. Alma's non-invasive RF treatments are generally associated with little to no downtime.

PRE-TREATMENT CARE

1-2 WEEKS BEFORE

- Avoid excessive sun exposure and tanning of the treatment area.
- Do not attend your appointment with sunburn, significant irritation or an active skin flare.
- Inform your practitioner about any new medication, medical condition or change in your health.
- Tell your practitioner if you have had any recent injectable treatments, laser, IPL, chemical peels, microneedling or other energy-based treatments in the area.

3-7 DAYS BEFORE

- Keep your skincare routine gentle and avoid introducing new or potentially irritating products.
- Avoid aggressive exfoliation or treatments that may sensitise the skin.
- Do not wax, thread or use depilatory creams immediately before treatment if the area is likely to become irritated.

BEFORE YOUR APPOINTMENT

- Arrive with clean skin where possible.
- Remove makeup, creams and skincare from the treatment area before treatment.
- Avoid treatment if you have an active infection, open wound, significant irritation or cold sore in the treatment area.
- Inform your practitioner if you have a history of cold sores.
- Ensure your practitioner is aware of any implanted electronic devices or metal implants, as suitability depends on the specific RF device and treatment area.

ON THE DAY

- Your skin will be cleansed before treatment.
- A layer of suitable treatment medium may be applied depending on the Alma RF handpiece being used.
- The RF applicator is moved across the treatment area in a controlled manner.
- You should feel a comfortable, warming sensation. The treatment should not feel excessively hot or painful.
- Tell your practitioner immediately if the treatment feels uncomfortably hot.

PRE AND POSTCARE RADIOFREQUENCY THERAPY WITH ALMA

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POST-TREATMENT CARE

IMMEDIATELY AFTER

You may experience:

- Mild redness or flushing
 - Warmth
- Mild sensitivity or tenderness
- A temporary feeling of tightness
- Mild swelling in some areas

These effects should settle progressively. Non-resurfacing RF treatments generally do not require downtime.

FIRST 24 HOURS

- Avoid excessive heat, including saunas, steam rooms, hot tubs and very hot showers.
 - Avoid strenuous exercise or activities that cause excessive sweating.
 - Avoid swimming if the skin feels irritated or particularly sensitive.
- Keep the treated area clean and avoid unnecessary rubbing or massage.
 - Use gentle skincare and moisturiser as required.
- Apply a broad-spectrum SPF 30-50 daily and avoid unnecessary direct sun exposure.

FIRST 48-72 HOURS

- Continue to avoid excessive heat if the skin remains warm, red or sensitive.
 - Avoid aggressive exfoliation, scrubs and irritating skincare.
- Do not have additional heat-based, laser or energy treatments on the same area unless advised by your practitioner.
- Avoid waxing, threading or other potentially irritating hair-removal methods on the treated area if the skin remains sensitive.

PRE AND POSTCARE RADIOFREQUENCY THERAPY WITH ALMA

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SKINCARE

For the first few days, keep your routine simple:

AM

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

PM

1. Gentle cleanser
2. Hydrating moisturiser

If your skin feels completely comfortable, you can gradually return to your normal skincare routine according to your practitioner's advice.

SUN PROTECTION

Sun protection is important throughout your treatment course.

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

MAKEUP

For non-invasive RF, makeup can generally be resumed once the skin is comfortable and settled. If your skin is noticeably warm, red or irritated, allow it to settle before applying makeup. Your practitioner may recommend a longer period without makeup depending on your skin response and the specific Alma protocol used.

PPRE AND POSTCARE RADIOFREQUENCY THERAPY WITH ALMA

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 or unusual skin changes
- Marked skin discolouration
- Signs of infection, including increasing heat, discharge or worsening tenderness
- 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**

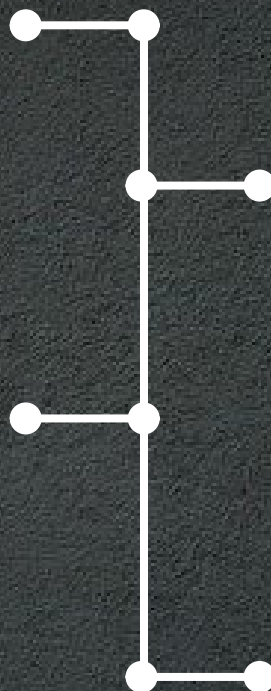


CULTSKIN® LAB

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.

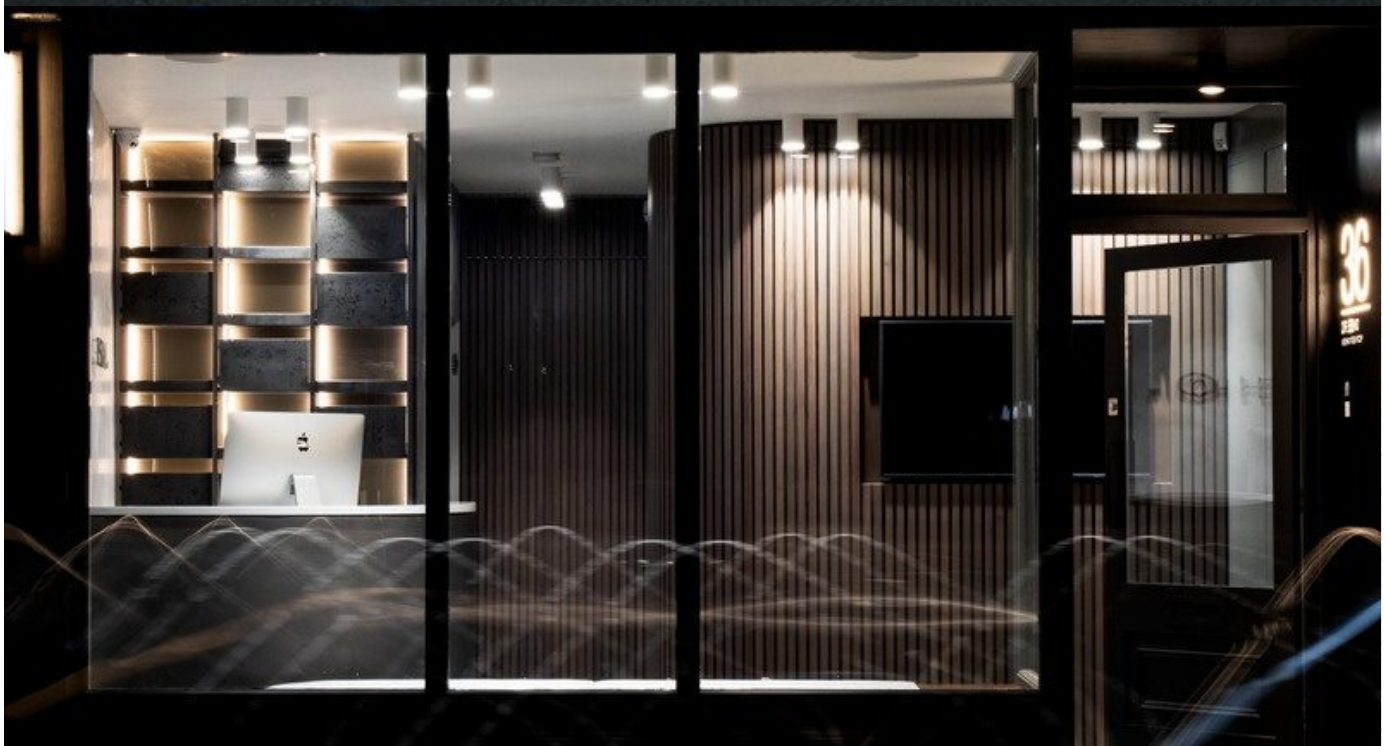
- **Klarna:** Split your payments into manageable, interest-free installments with Klarna. Enjoy your treatments now and pay later at your convenience.
- **Plim Finance:** Spread the cost over a longer period with Plim Finance, designed to offer affordable monthly payments without compromising on quality.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



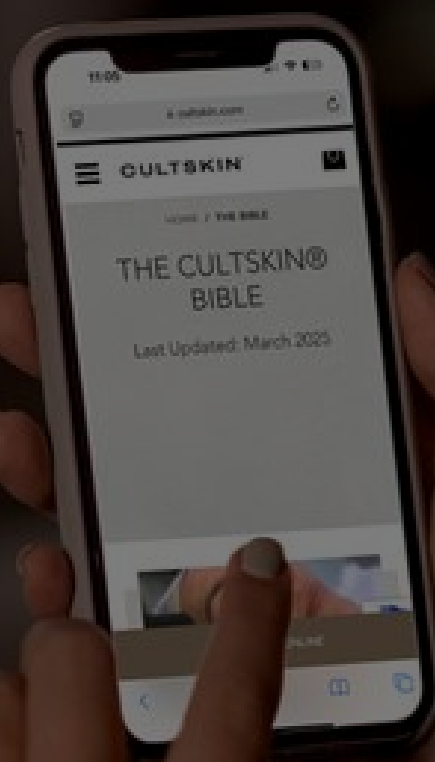
BY PHONE
02039704693



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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