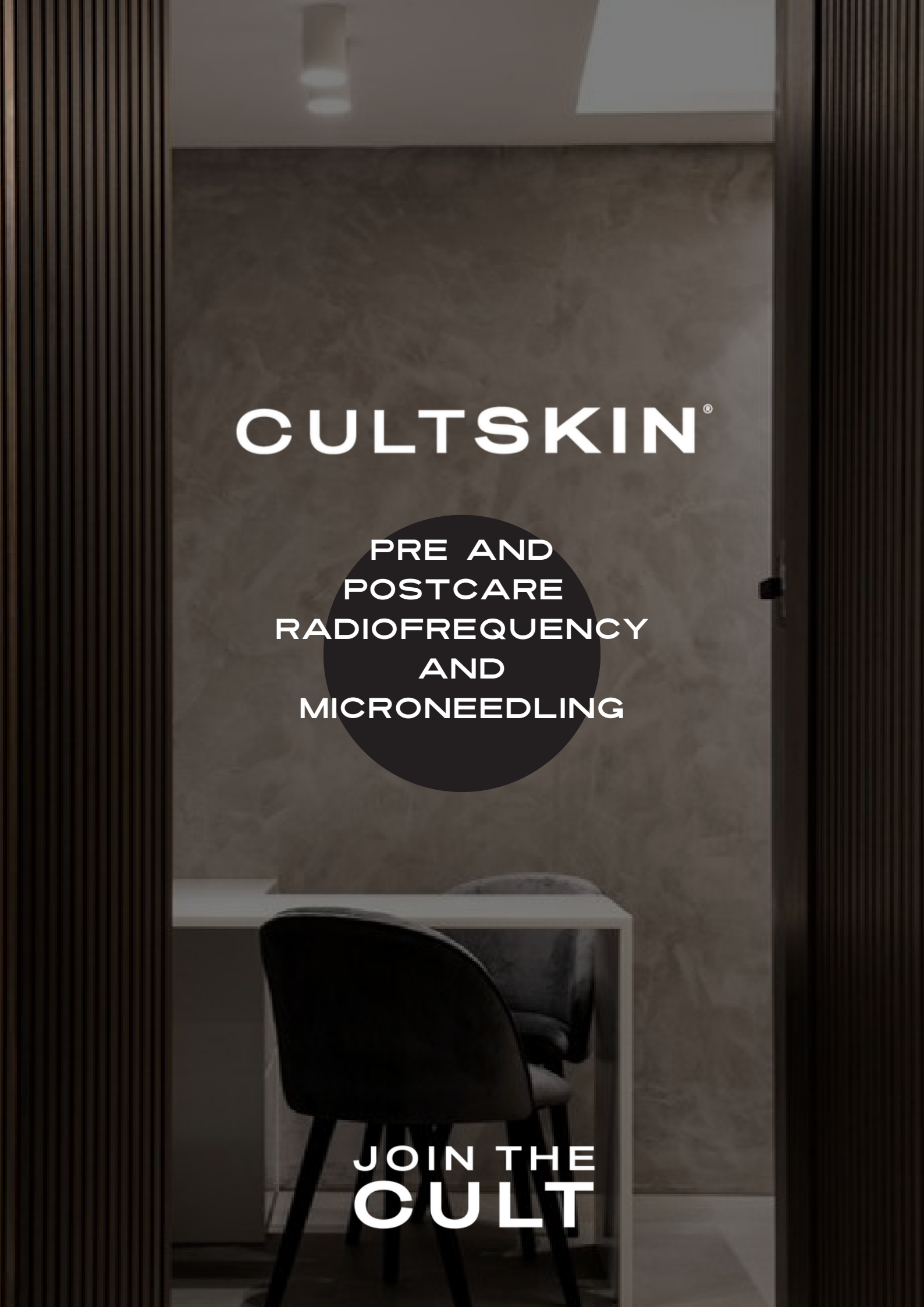




CULTSKIN®

PRE AND
POSTCARE
RADIOFREQUENCY
AND
MICRONEEDLING

JOIN THE
CULT

PRE AND POSTCARE RADIOFREQUENCY AND MICRONEEDLING

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BEFORE YOUR TREATMENT

For best results and to minimise the risk of irritation, bruising or pigmentation, please follow the guidance below.

1-2 weeks before treatment

- Avoid excessive sun exposure, sunbeds and tanning. Do not attend treatment with a sunburn or freshly tanned skin.
- Apply a broad-spectrum SPF 30-50 daily.
- Avoid aggressive facial treatments such as chemical peels, strong exfoliation, dermabrasion or other resurfacing treatments unless advised by your practitioner.
- Avoid waxing, threading or depilatory creams on the treatment area for several days before your appointment.
- If you are prone to cold sores, inform your practitioner before treatment so that appropriate precautions can be considered.
- Tell your practitioner about any medications, supplements, skincare products, allergies, recent cosmetic treatments or medical conditions that may affect your treatment.

3-7 days before treatment

Unless specifically advised otherwise by your practitioner, consider pausing potentially irritating skincare products such as:

- Retinoids/retinol
- AHA/BHA or other exfoliating acids
- Benzoyl peroxide
- Strong vitamin C or other active products if they cause irritation

Do not introduce any new skincare products immediately before treatment.

On the day of treatment

- Arrive with clean skin and minimal or no makeup.
- Avoid applying heavy creams, oils or active skincare products immediately before your appointment.
- Avoid alcohol immediately before treatment where possible.
- Inform your practitioner if your skin is irritated, broken, infected, inflamed or experiencing an active breakout in the treatment area.

PRE AND POSTCARE RADIOFREQUENCY AND MICRONEEDLING

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AFTER YOUR TREATMENT

Mild redness, warmth, swelling, tightness, sensitivity and a sunburn-like feeling can be expected following radiofrequency and/or microneedling. Small pinpoint marks or temporary swelling may also occur.

These effects should gradually settle. Your practitioner will advise you on what is normal for your specific treatment.

First 24 hours

Keep the skin clean and handle it gently.

Use only the products recommended by your practitioner.

Avoid makeup unless your practitioner confirms that it is appropriate to apply.

Avoid touching, rubbing, scratching or picking the treated skin.

Avoid hot showers directly onto the treated area.

Avoid saunas, steam rooms, hot tubs and strenuous exercise.

Avoid swimming.

Avoid alcohol if it increases flushing or swelling.

Do not use exfoliating products, retinoids or other potentially irritating active skincare.

First 3-7 days

Continue using a gentle cleanser and a simple moisturiser as tolerated.

Apply broad-spectrum SPF 30-50 every day and minimise direct sun exposure.

Do not pick or manually remove any peeling, flaking or crusting.

Avoid exfoliation until the skin has fully settled.

Avoid waxing, threading or other hair-removal treatments over the treated area until advised that the skin has recovered.

Avoid facials, peels, dermaplaning and other resurfacing treatments until cleared by your practitioner.

Reintroduce active skincare gradually once the skin is comfortable and no longer irritated.

PRE AND POSTCARE RADIOFREQUENCY AND MICRONEEDLING

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FACE & NECK

The neck can be more sensitive than the face, so temporary redness, swelling or tenderness may be more noticeable.

Treat the neck with the same gentle care:

Avoid friction from tight collars or jewellery.

Avoid excessive heat and sun exposure.

Keep the area moisturised and protected with SPF.

Do not massage or manipulate the treated area unless specifically instructed.

EXOSOMES — IF COMBINED WITH YOUR TREATMENT

If your microneedling/radiofrequency treatment is combined with an exosome-containing topical product, your practitioner will provide specific instructions regarding the product used and its application.

Before treatment

- Inform your practitioner of any allergies, sensitivities, skin conditions or previous reactions to skincare or cosmetic products.
- Do not apply unapproved products to the treatment area immediately before your appointment.
 - Follow the same pre-treatment skincare and sun-exposure guidance above.

Immediately after treatment

- Follow your practitioner's instructions regarding application and duration of the exosome-containing product.
- Do not apply additional serums, creams or active ingredients unless specifically approved.
 - Avoid rubbing, massaging or unnecessarily touching the treated skin.
- Do not layer other cosmetic products over the treated area unless instructed to do so.

Aftercare

For the first few days:

- Use only the skincare products recommended by your practitioner.
- Avoid retinoids, exfoliating acids and other irritating active ingredients until the skin barrier has recovered.
 - Avoid excessive heat, sweating and direct sun exposure.
- Use SPF 30–50 once your practitioner advises that sunscreen can be applied.
 - Do not pick, peel or exfoliate the skin.

PRE AND POSTCARE RADIOFREQUENCY AND MICRONEEDLING

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When Should I Contact CULTSKIN® Immediately?

Please contact the clinic promptly if you experience:

- Increasing rather than improving redness or swelling
- Significant pain
- Blistering
- Marked skin discolouration
- Pus or other signs of infection
- Persistent or worsening heat in the treated area
- Any other reaction that concerns you

If you experience a severe or rapidly developing reaction, seek appropriate medical attention promptly.

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

SUN DEFENSE

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

[HTTPS://CULTSKIN.COM/PRODUCT/INNO-DERMA-SUN-DEFENSE-SPF-50/](https://cultskin.com/product/inno-derma-sun-defense-spf-50/)

SKIN REPAIR

[HTTPS://CULTSKIN.COM/PRODUCT/INNO-DERMA-SKIN-REPAIR/](https://cultskin.com/product/inno-derma-skin-repair/)

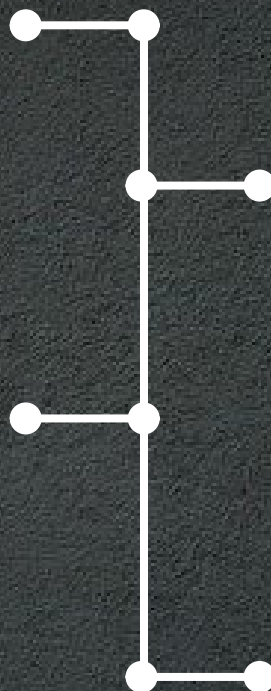


CULTSKIN® LAB

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.

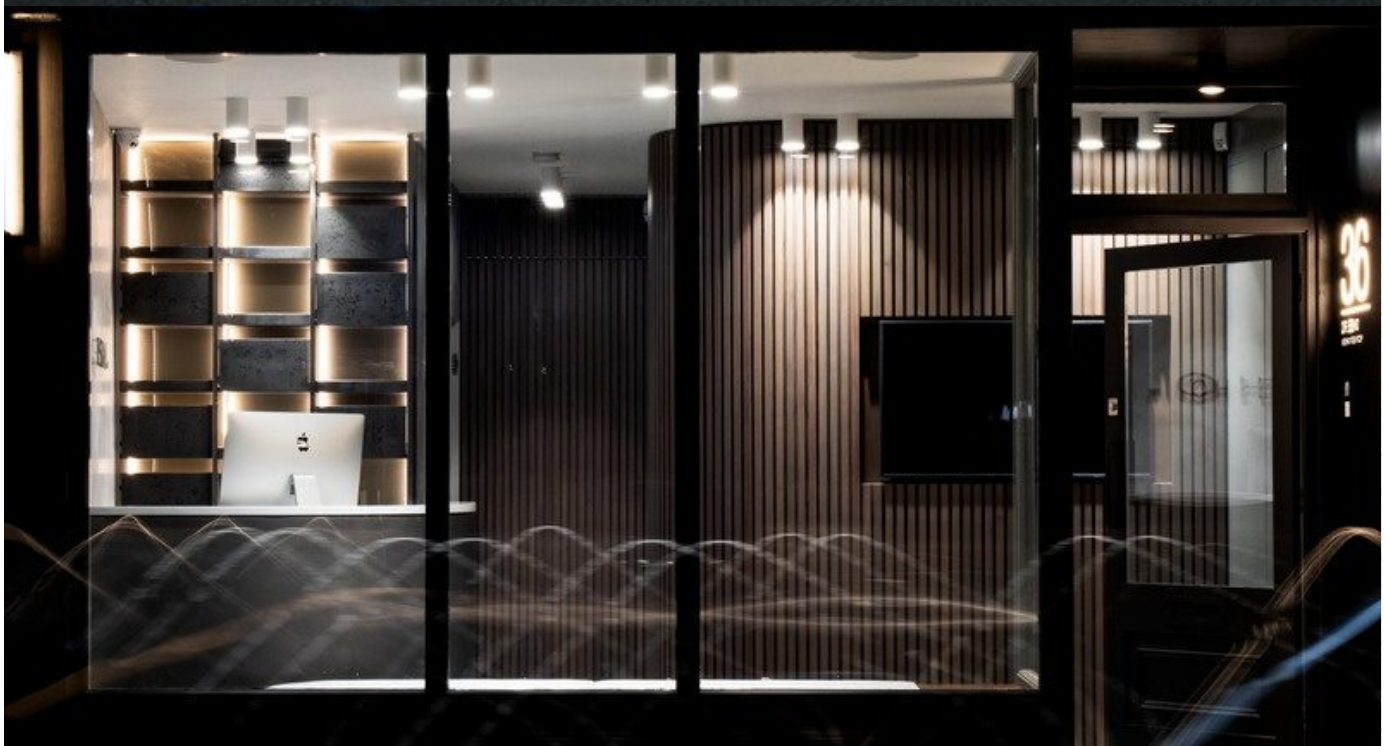
- **Klarna:** Split your payments into manageable, interest-free installments with Klarna. Enjoy your treatments now and pay later at your convenience.
- **Plim Finance:** Spread the cost over a longer period with Plim Finance, designed to offer affordable monthly payments without compromising on quality.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



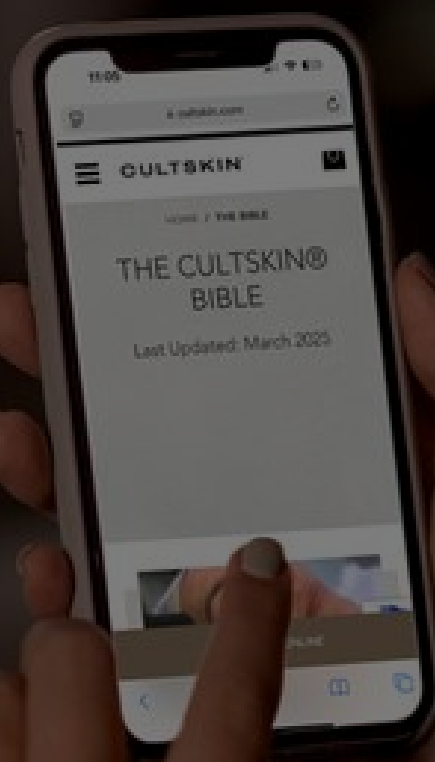
BY PHONE
02039704693



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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