



THINKING ABOUT YOUR FIRST LASER TREATMENT? DR AHMED SHARES THE ULTIMATE BEGINNER'S GUIDE

A first-time guide to laser facials, featuring expert insights, survey data and what really happens during an Alma Harmony Bio-Boost treatment.

From collagen facials to scar reduction and redness relief, laser treatments are becoming one of the most in-demand options in aesthetics. Yet for many first-timers, the amount of options available can be overwhelming which is why knowing who to trust and where to go for the best possible outcomes per treatment concern, is key.

To better understand what people are really looking for, Alma Lasers conducted a survey of 14,000 women aged 25 and over across the globe. The findings showed that 41% rely on professional recommendations when choosing aesthetic treatments, with this manifesting as 39% on a local UK level.* This reflects a growing appetite for credible, expert-led advice in an increasingly busy skincare landscape.

To help guide new patients, Alma conducted a Q&A with award-winning Mayfair aesthetic doctor, Dr Ahmed to break down the basics of laser facials and explain why the latest generation of technology offer targeted solutions that work with the body's natural regeneration process for flawless results, often with zero recovery times.

WHAT TO KNOW BEFORE YOU BOOK

"Patients today want more than just filler or Botox," explains Dr Ahmed. "They're looking to improve their skin's overall health—smoother texture, fewer scars, less redness, more glow. And they want these results without needing to take time off work or hide away." One such treatment that meets these needs is Harmony Bio-Boost—a new-generation, collagen-boosting, non-invasive skin rejuvenation treatment from Alma Lasers, and celebrities go to today for plump and glowing skin. This treatment has minimal downtime—making it the perfect lunchtime tweakment and ideal for entry-level lasers seekers. Harmony Bio-boost designed to tackle multiple common skin concerns such as uneven tone, pigmentation, scarring and dullness. As Dr Ahmed puts it, "It's the perfect starting point for those new to lasers. It fits seamlessly into a busy lifestyle while delivering measurable results."

But with so many devices and names on the market, how do you know what's right for you? According to Alma's national survey, 45% of people are primarily concerned with safety, 39% are focused on brand or treatment suitability, and 35% want a better understanding of how the technology works. Dr Ahmed agrees that patient education is key: he advises patients to come prepared to their consultation. "Ask what results to expect, how long recovery takes, how many sessions are needed, and what ongoing maintenance might look like. It's also important to do your research: look at before-and-after images from trusted clinics, and make sure they're realistic and unretouched."

His advice? For no-downtime, non-invasive treatments like Harmony Bio-Boost, follow the "rule of three": "Three sessions, spaced two to three weeks apart, and you'll see your best results three months later. That's when the collagen really kicks in."

UNDERSTANDING LASERS: WAVELENGTHS, MODES AND CUSTOMISATION

When it comes to laser treatments, it's all about precision. Different wavelengths target different skin concerns—such as redness, pigmentation, or collagen loss—allowing practitioners to tailor treatments to each individual.

There are also two main types of lasers: ablative, which remove a fine layer of skin for deeper resurfacing, and non-ablative, which heat the skin beneath the surface to stimulate collagen without damaging the outer layer. Harmony Bio-Boost uses non-ablative lasers, making it ideal for first-timers thanks to its gentle approach and no-downtime results.

Because most patients present with more than one concern, customisation is key. “With Harmony, we can combine technologies like ClearLift Pro and ClearSkin Pro in one session,” says Dr Ahmed. “It means we can target texture, tone and scarring all at once—no one-size-fits-all approach here.”



WHAT ACTUALLY HAPPENS DURING A SESSION

At Dr Ahmed's clinic, a typical Harmony Bio-Boost session begins with a digital skin scan to assess underlying concerns. The practitioner then creates a personalised treatment plan using the right mix of wavelengths, based on the patient's skin type and goals.

“The treatment itself is much gentler than people expect,” says Dr Ahmed. “ClearLift Pro feels warm and comfortable, and ClearSkin Pro is more of a tapping sensation. There's no need for numbing, and no downtime. Patients leave glowing, not red or raw.”

While some mild redness may occur, it usually fades within a few hours. "Lighter skin tones may appear slightly pink. On darker tones, the skin may initially look a little deeper in colour, but that resolves quickly."

HOW ARE LASER CONCERNS CHANGING

Dr Ahmed also notes a shift in the demographic of those seeking laser treatments. "We're seeing more patients in their twenties who want to stay ahead of skin issues like sun damage, rosacea and acne scarring. Skincare has become more proactive, not just corrective."

For those still wary of lasers, particularly based on older technologies or bad experiences, he offers reassurance. "The technology has advanced massively. The new Harmony Bio-Boost for example is safe, precise and completely customisable. And the results? They speak for themselves."



ABOUT ALMA

As a global leader in aesthetic and surgical energy-based technologies, Alma Lasers is trusted by more than 10,000 clinics in over 90 countries. With over 25 years of innovation, 270+ clinical studies, and a reputation for cutting-edge laser, radiofrequency and ultrasound treatments, Alma continues to set the gold standard in modern aesthetic medicine.

To find out more about Harmony Bio-Boost or to book a media trial, visit www.almalasers.co.uk

Press contact: Alma@blackandwhitecomms.com