

BEFORE YOUR SPRAY TAN

If you would like to see the colour result and test for sensitivities, the salon will be happily patch test.

- **Exfoliate.**
Prepare by exfoliating your skin to remove any dead skin cells as this may affect the length of time your tan is retained.
- **Wax/shave your legs/arms/pits before your spray tan.**
Wax/ shave any area required on your body preferably 24 hours before your treatment to ensure your pores are closed, to avoid blemishes.
- **Don't wear any deodorant, make-up, perfumes or moisturiser before a spray tan.**
Some moisturisers can form a barrier thus not letting the tan into our skin. We advise you to moisturise the day before to pre-hydrate the skin but not to moisturise on the day of spray tanning.
- **Wear loose-fitting clothing after your spray tan.**
After you have been tanned, we recommend you wear loose clothing and loose shoes (flip flops) to avoid tan rubbing off in the initial hours.

Benefits of tanning

It protects the skin, makes you feel and look slimmer, gives you confidence and a nice healthy looking glow.

AFTER YOUR SPRAY TAN

- Leave your tan for a minimum of 4- 8 hours or overnight if possible before showering or taking a bath. This is for best results. Avoid wearing socks or shoes after your spray tan as sweating can inhibit the development of your tan. Flip-flops are a good choice.
- Avoid wearing any tight clothing or wearing moisturisers/deodorants at least 5 hours after your spray tan.
- All swimming, showering and vigorous exercise must be avoided for at least 5 hours as this can inhibit the development of your tan.
- Don't shave until 12 hours after your treatment.
- Don't sit on light coloured fabrics until you've showered or taken a bath as the colour may cause discolouration. **Colour may rub off on your clothes and/or sheets during the first 6-8 hours after being sprayed. If this happens, wash fabric as you normally would to remove the colour.**
- Remember. When you take a shower or a bath you will probably see some colour wash off. Don't worry. This is quite normal as it is only the top colour which dyes the skin, once this is removed you will be left with a gorgeous tan.

To maintain your tan you must:

- Moisturise regularly (use oil-free moisturiser).
- Avoid long hot baths and showers as these can speed up exfoliation.
- **3.** Pat your skin dry after a bath or shower. Rubbing your skin may rub off surface tan.
- **4.** Avoid swimming pools or sea water as these can reduce your tan