



## Spray Tan Guidelines

### **IMPORTANT - Preparation**

#### **The day before your tan...**

- **Exfoliate thoroughly and moisturise.** Exfoliating will remove dead skin and provide a new, smooth surface for your tan, helping to promote even coverage and lengthen the duration of your tan.
- Shave or wax and moisturise

#### **On the day of your tan...**

- Remove make-up, moisturiser, perfume and deodorant before your application
- Remove contact lenses during your session
- Wear dark loose fitting clothing/underwear – the tanning solution does wash out of most clothing very easily but tends to stain nylon and Lycra materials
- Wear flip flops/sandals - long boots can make your tan patchy and sweating can inhibit the development of your tan

### **Aftercare**

Leave your tan for at least 7 hours and overnight if possible before showering or taking a bath. This allows your tan to develop.

- Avoid wearing socks or shoes after your tanning session as sweating can inhibit the development of your tan. Sandals are a good choice.
- Avoid applying moisturisers or deodorants.
- Avoid wearing tight clothing for at least 5 hours.
- 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 guide can cause discolouration

TIP: When you take a shower or a bath you will probably see some colour wash off - don't worry! This is quite normal, the colour you will see is only the colour guide that is used when your tan is applied - you will be left with a gorgeous tan.

### **Maintaining the Tan**

It is recommended you follow these general guidelines to maintain your tan:

- Moisturise regularly (use oil-free moisturiser)
- Avoid long hot baths and showers as these speed up exfoliation
- Pat your skin dry after a bath or shower – don't rub as this may rub off your tan!
- Avoid swimming pools or sea water as these can reduce your tan