

Spray Tanning Before and After Care

Pre - Tan

We all want to get the best out of your spray tan. By following these instructions you should get the best results possible.

1. Exfoliate.

For Spray Tanning, the evening before or morning of your treatment, exfoliate your entire body. Pay special attention to dry areas of your body such as hands, elbows, knees and feet. This will help prolong your spray tan.

2. Wax/shave your legs/armpits before your spray tan.

Shaving and waxing should be done 24 hours prior to your spray tan as this will ensure all of your pores are closed otherwise the pores may become blotchy.

3. Don't wear any deodorant, make-up, perfumes or moisturiser before a spray tan.

Many deodorants will act as a barrier and stop the spray tanning solution going through and therefore not letting the full amount of the solution to attach itself to the skin. The best solution is to moisturise fully the day before your tan as this will prolong it.

4. Wear loose-fitting clothing after your spray tan.

The spray tan needs to "set" and this takes about an hour, therefore best to wear loose dark clothing and flip flops minimising amount of tan rubbing off or stain any clothing. In particular avoid wool, lycra, nylon, spandex and silk as this will stain and may transfer to clothes and/or sheets during the first 6-8 hours after being sprayed.

After-care

Leave your tan for at least 6-8 hours or overnight if possible before showering or taking a bath. This allows your tan to develop.

1. Avoid using moisturisers or applying deodorants.
2. Avoid wearing tight clothing for at least 6 hours.
3. All swimming, showering and vigorous exercise must be avoided for at least 6 hours as this can inhibit the development of your tan.
4. Don't shave until 12 hours after your treatment.

Remember. When you take a shower or a bath you will probably see some colour wash off. Don't worry this is quite normal.

Tan Maintenance

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

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