



Pre and Post-care Advice for Spray Tanning

The day before your treatment

- Shower, & Exfoliate, Moisturise you whole body. Exfoliation and moisturiser is essential the day before the tan is to be applied. This will remove dead skin cells and provide a smooth surface for the tan. Pay special attention during exfoliation to knees, elbows, ankles and the tops of feet.
- Undertake any necessary hair removal. Shaving or waxing must be done at least 24 hours prior to tan application and not on the day of your treatment. Hair removal less than 24 hours before the treatment may cause the tan to appear dotty.
- Do not have a heat treatment such as sauna, Turkish bath or sunbed treatment 24 hours before tan application as these can all make the skin more sensitive.

On the Day of treatment

- Do not moisturise, apply perfume or deodorant. These can act as barriers to the tanning process. Deodorant can make the underarms appear green (though this will wash off when the guide colour is washed off).
- Avoid synthetic soaps and shower gels as these will hamper the tan and decrease absorption.
- Any make-up should be removed as it acts as a barrier on the skin, and although the product should penetrate this an uneven tan may occur.
- Wear loose, dark clothing and dark underwear. The tan solution usually washes out of most clothing easily but can stain nylon and materials containing lycra.
- Contact Lenses should be removed before the treatment.

Aftercare Advice

- The tan should be left on for at least 8 hours and overnight if possible before showering or taking a bath.
- Do not touch the tan straight after application as you will get fingerprint marks.
- Shower rather than bathe to wash off the colour guide and pat (don't rub) dry.
- For your first shower after tanning avoid using shower gel or soap and simply rinse with water.
- Avoid wearing socks, boots or shoes after the tanning session as this can mean patchy marks on the feet and legs; wear flip flops or sandals.
- Avoid applying moisturisers, perfume or deodorants while the tan is developing
- Avoid wearing tight clothing for at least 8 hours



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- All swimming, showering and vigorous exercise must be avoided for at least 8 hours as the tan could become patchy
- Don't shave or wax until at least 24 hours after the treatment.
- Remember that the tan does not contain any SPF; wait 24 hours before exposing the skin to sunlight or using a sunbed.
- Keep the skin hydrated daily with a light, non-oily moisturiser to encourage an even fade off.