## **Before & After Spray Tan Tips:**

## **Before Spray Tan Tips:**

- Wax or shave 24 hrs before spray tan
- Shower and exfoliate with scrub or loofah prior to your spray tan to remove dead skin cells and other product residue
- Do not apply moisturisers, body butters or oils to the skin
- Wear loose and dark clothes. You should also wear loose shoes or flip flops.
- Do not wear deodorant, lotions or perfumes before or after the spray tan.

## **After Spray Tan Tips:**

- Try not touch or rub your body during waiting period
- Avoid activities that will make you sweat (ie: exercise)
- After the waiting period has passed, shower using warm water ONLY and rinse off only (do not use soap) and do not wash your hair. Pat yourself dry with a towel and moisturise your body.
- Avoid chlorinated swimming pools, long baths and exposure to salt water.
- The next day you may use perfume, deodorant and makeup.
- Moisturise skin daily to prolong the life of your tan.