

NUDI

# PREP & Maintain

The secret to achieving a flawless spray tan glow has everything to do with preparing the skin before a session and maintaining the tan after the session. To ensure your tan is perfect and even, please follow this simple guide:



- Exfoliate your skin before the session. The fresh skin cells will form a smooth base that your spray tan will stick to. The fresher the skin cells, the longer the life of the tan. A good scrub and an exfoliating mitt will allow the elimination of all the dead skin cells and impurities on the body. Pay attention to rough areas like the top of the feet, heels, ankles, elbows, knees, knuckles, etc.



- Shave, wax and exfoliate the skin at least 24 hours prior to the appointment. It's important to allow the amino acids to reconstruct as DHA needs amino acids to develop. Also, the pores need time to close before applying the solution. Otherwise, the bronzer can get soaked into the pores.

- Do not wear any existing self-tanner or residue from a former spray tan on the skin.



- Do not use lotions, oil-based exfoliating products, gels or waxing/shaving creams on the day of the appointment. These can leave a film and change the pH of the skin.

- If you really need to take a shower before the appointment, take it 3 hours prior to the session and rinse only with warm water. The steam can open the pores.



- Manicures, pedicures, facials and massages should be done days before the appointment.

- If the skin is sweaty, make sure to dry it prior to the application.

- Do not wear makeup, cream, sunscreen, perfume or deodorant.



- The application can be done with or without undergarments or a bathing suit.

- Wearing loose and dark clothes is recommended for after the session. Tight clothing can rub against the tan and remove color on some areas.

**THE SKIN SHOULD BE PERFECTLY EXFOLIATED, BARE, DRY AND CLEAN PRIOR TO YOUR SPRAY TAN.**