













SPRAY TAN PRE-NOTES (BEFORE YOUR APPOINTMENT)

TO ENSURE THE BEST RESULTS:

- ✓ Exfoliate your entire body 24 hours before your appointment (especially dry areas like elbows, knees, and ankles).
- ✓ Shave or wax at least 24 hours prior to your appointment.
- ✓ Avoid using oils, lotions, deodorants, perfumes, or makeup on the day of your tan. These can act as barriers and oxidise on your skin causing green tanning.
- ✓ Wear loose, dark clothing to your appointment. Tight clothes can rub off the tan.
- ✓ Remove all jewellery before your session.
- ✓ If it's raining, bring an umbrella and avoid getting wet after your tan!

SPRAY TAN AFTERCARE (POST-APPOINTMENT)

TO MAKE YOUR TAN LAST LONGER AND LOOK ITS BEST:

-  Wait 8–12 hours before showering (or as directed by Sarah).
-  When you do shower, use lukewarm water and skip soap for the first rinse—just let the bronzer wash off.
-  Use gentle, sulfate-free (if possible) body wash and gently wash yourself (no rubbing with mitts).
-  When drying yourself, pat dry, no rubbing.
-  Moisturize daily to keep your skin hydrated, the more you moisturise the longer your tan will last and fade evenly.
-  Avoid long hot showers, baths, saunas, and steam rooms.
-   Avoid excessive sweating or swimming (especially in chlorinated water) see frequently asked questions on tenbeauty.co.uk
-  Sleep in loose clothing and dark sheets to avoid staining.
-  Don't exfoliate or shave too soon after your tan—it will fade faster.

YOUR TAN WILL LAST AROUND 5–10 DAYS WITH PROPER CARE. STAY MOISTURIZED AND AVOID HARSH SOAPS OR EXFOLIANTS FOR BEST RESULTS!