

The Face Bar aesthetics

SPRAY TANNING PRE AND POST TREATMENT INSTRUCTIONS

It is important to follow these guidelines to ensure your Spray Tan lasts as long as possible.
Please follow ALL of the preparation and aftercare instructions.

HOW TO PREPARE FOR YOUR SPRAY TAN

- Exfoliate 24 hours prior to your Tan appointment to remove dead skin so the Tan sits on the skin nicely and increases longevity. Don't exfoliate the same day as your Tanning appointment as your pores will not have adequate time to close and you may be left with a patchy, discoloured Tan.
- Shower several hours before your Tan, not right before your appointment. If your skin is wet and your pores are not closed the Tan formula will not adhere to your skin properly. Finish off your shower with a cool rinse to close your pores.
- Avoid moisturisers, makeups, oils, deodorants and perfumes before your Tan appointment. Your skin should be free from any products.
- Shaving and waxing should be done 24 hours prior to your Tan appointment.
- Make sure you schedule all other Beauty Treatments for before your tan- including Facials, Waxing, Mani/Pedis etc.
- Book your appointment 2 days before an event. Your skin needs time to fully absorb the Tan. If your getting sprayed before a big event give your body 2-3 days to adjust to the Tan to ensure your skin glows!
- During the session, it's up to you how much you want to undress. We recommend to go with whatever makes you feel comfortable. Disposable g-string will be provided.
- Wear loose fitting clothing to your appointment- A T-shirt, baggy dress, flip flops etc. Avoid denims, tights and bras.

HOW TO MAINTAIN YOUR SPRAY TAN

- Avoid tight clothing such as denims, tights, socks and bras. They are more likely to rub on your skin and remove the Tanning formula.
- Try not to touch your body- avoid crossing your legs and arms before your first shower.
- Stay away from all moisture until you have your first shower. This includes working out, moisturising, liquid foundation, washing your hands, doing the dishes etc. Give your skin time to absorb the Spray Tan formula.
- Take your first shower 2-4 hours after your Tan appointment. 2 hours for a light Tan, 3 hours for a medium Tan, 4+ hours for a dark Tan. When showering, use only Luke warm water for 30-45 seconds until the water runs clear. Don't use any washes or soaps. Pat your skin dry after your shower. Do not rub or scrub your skin.
- Moisturise everyday to extend the life of your Tan. Tan lasts longer on hydrated skin.
- After day 5, exfoliate with a soft body polish on a daily basis. This will help your skin to absorb more moisturiser and keep it looking and feeling great. It also helps the tan to fade naturally, rather than in patches.
- Avoid chlorine, hot tubs, saunas, bandages, fashion tapes or anything that may strip your Tan.