***SIENNA-X PRE & POST CARE, AND Q & A***

***BEFORE YOUR TAN***

Exfoliate the night before your tan. Pay particular attention to dry areas such as knees and elbows.

Paint nails and toenails. Remove any unwanted hair 48 hours prior to your treatment

Don't moisturise. use perfume or deodrant before your tan.

Remove contact lenses before the treatment to avoid contamination.

Bring loose dark clothing and flip flops or loose fitting shoes. Tight clothing will cause the tan to rub off.

**AFTER YOUR TAN**

Leave the tan to develop for 8-10 hours. Shower until the water runs clear and gently pat dry.

Avoid excessive exercise, perspiring or getting wet during development time

Long baths or going swimming will fade your developed tan quicker.

Remember that sunless tan does not protect you in the sun. Use SPF to avoid burning.

Moisturise daily to enhance your tan and prolong your colour.

Start to exfoliate four days after your tan using a body scrub to encourage even fading.

**WHAT IS SPRAY TANNING? WHY DOES IT WORK?**

Dihydroxyacetone <DHA) is a colourless sugar and the active ingredient in the guide coloured solution that will be sprayed onto your skin. Applied using a specialist low pressure spraying machine. the DHA in the solution interacts with the proteins and amino acids in the outer layer of your skin to produce a golden brown colour. The colour you see at the time of your treatment is purely a guide colour for your therapist to see that your skin is evenly covered. Your actual tan will have developed and will be revealed after you shower.

**IS IT SAFE?**

Yes. very safe. A Sienna X sunless tan can give the same results as spending 10-14 days in the sun. but without the harmful effects of UV exposure. DHA has been approved by the FDA (Food and Drug Administration) for use in the personal care industry for over 30 years and no adverse affects have been reported other than minor skin irritations. Allergic reactions are extremely rare; however, if you have experienced allergic reactions to self-tanning or other beauty products please arrange a skin patch test first with your therapist

**WHAT WILL HAPPEN BEFORE. DURING AND AFTER MY TREATMENT?**

On your first tanning treatment. your therapist will ask you a number of questions and a consultation card will be completed.

You will then undress to your chosen dark underwear and remove jewellery.

Barrier cream will be applied to your hands. elbows. knees. feet and other dry areas to reduce tan absorption.

Simply follow your therapist's instructions. spraying will take around 10 minutes.

The guide colour you see will be showered off after your development time of up to 10 hours to reveal your natural looking Sienna X tan.

**HOW DARK WILL I GET?**

Sienna X has a range of solutions and your therapist will help you customise your ideal tan. Your tan results will depend on how well you tan naturally. The darker you tan in the sun. the darker you tan with Sienna X. Many people like to have

a bespoke tan. so it's lighter in the winter months. darker in the summer. A double exposure treatment (i.e if you have a second tanning treatment within 48 hours of your first appointment) will help you go darker with superior results.

**HOW LONG WILL MY SIENNA-X TAN LAST**

Your tan will last approximately 5 to 7 days depending on your daily skincare regime. lifestyle and if you have exfoliated well prior to your tan. A sunless tan fades just like a tan from the sun - so as your skin sheds dead cells. your tan will fade. It is really important to moisturise daily.

**WILL I STILL NEED TO USE SUN PROTECTION WITH A SIENNA X TAN?**

Yes. we recommend you use a sunscreen with a high SPF. Look for a formula which is oil free to prevent your tan from stripping.

**CONSULT YOUR THERAPIST IF YOU**

are in your first trimester of pregnancy

have had an allergic reaction to tanning or any other skin care products

are asthmatic or if you have breathing difficulties

Any further questions. please speak to your therapist before your appointment.