

SPRAY TANNING

PRE & POST TREATMENT ADVICE & HOW TO MAINTAIN YOUR TAN LONGER

For best results, please follow the below procedures prior to your tanning treatment.

PRIOR TO TREATMENT

- Skin should be free from self tan, perfume, deodorant and aromatherapy oils.
- Waxing or shaving should be completed at least 24 hours prior to the treatment.
- The evening or morning before your treatment, exfoliate your entire body paying attention to your elbows, knees and the backs of the heels, also the hands.
- Avoid using other self-tanning products at least 1 week before treatment.
- Avoid waxing or shaving at least 24 hours before treatment as open pores collect the tanning solution.
- Use plenty of moisturiser the day before coming in for your tan to make sure the skin is nicely hydrated.

ON THE DAY OF YOUR TAN

- Shower, but do not apply moisturizers or oils.
- Wear loose dark clothing for your tan, and some loose fitting shoes, open toe sandals or flip flops are preferable as not to disturb the tan.
- Avoid wearing aftershave, deodorant or any other products on the day of your tan as these can affect the treatment, so make sure you shower before you come to the salon for your tan.

POST TREATMENT ADVICE

- Wear loose dark clothing after your tan to minimise rubbing against your skin.
- Do not shower for at least 8 hours after the tan (we recommend 12 hours)
- Do not participate in any activity which may cause perspiration for at least 12 hours after treatment
- The guide colour can be left on overnight, although it may transfer onto bed linen.
- Keep skin completely dry, avoid water contact.
- Shower rather than bath, when showering, use a mild soap.
- Your tan will not give you protection from the sun, therefore use your usual sun screen

MAINTAINING YOUR TAN FOR LONGER

- Use body lotion each day after the tan has developed to maintain the colour
- After showering pat the skin dry rather than rubbing
- Avoid swimming pools as chlorine can bleach the tan and salt water, as these can reduce your tan.
- When shaving use an electric razor, or a fresh triple or quad blade razor with new blades and plenty of lubrication to minimize spray tan removal.

PLEASE NOTE

- Spray Tanning is not suitable for people with respiratory problems or within the first 3 months of pregnancy.
- Anyone under the age of 16 must have their parent's written consent prior to the tan.
- Any medical conditions must be disclosed prior to tanning as consent may be required from your GP.
- Conditions that prevent tanning treatments are:
 - Psoriasis
 - Dermatitis
 - Hypersensitive Skin
 - Severe Eczema

Please discuss your needs, or any concerns or questions with your technician.