

# Pre & Post Spray Tan Advice



I've put together these tips to help you get more longevity from your tan; pre-preparation is just as crucial as post-moisturing maintenance.

It can be as light or dark as you wish. It is green or violet based to deflect 'orangeness' and has an Aroma Guard to help alleviate the 'spray tan' smell. I use a variety of brands: Azure, B Gorgeous, JBronze, St Tropez, Bondi Sands & Mine/Eco Tan. I will make the decision when I see you which base to use.

## Before coming in for your tan:

- The skin should be free from self-tan, perfume, deodorant and aromatherapy oils.
- Waxing or shaving should be completed at least 24 hours before the treatment - don't shave the morning of the tan - PLEASE.
- Exfoliate your entire body the evening before your treatment with a good exfoliator. Pay special attention to dry areas of your body, such as hands, elbows, knees and feet.
- Wear dark, loose-fitting clothing with dark-coloured older underwear.
- The guide colour may stain light hair, man-made fibres and wool.
- We recommend you have a patch test before every treatment if you have reacted in the past or have any allergies.

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## After treatment advice:

- Wait to shower or bathe until you have left the tan for its designated development time. 1 hour - Medium, 2 hours - Dark, 3+ hours - Ultra Dark.
- Please do not participate in any activity which may cause perspiration for at least 12 hours after the treatment; it will streak the tan.
- No spas or swimming pools. (Chemicals will fade & streak the tan).
- The guide colour can be left on overnight, although it may transfer onto bed linen. It will wash out of cotton, but not so easily from man-made fibres or wool.
- Don't worry if, when you are showering, you see the colour coming off; it is only the guide colour... not the tan ☺

## Keep your tan looking gorgeous for longer:

- Apply Moisturiser or Body Butter daily
- Exfoliate your skin every 2-3 days to ensure even fading
- After showering, pat the skin dry rather than rubbing
- Avoid swimming pools as chlorine can bleach the tan

## When you leave:

Be prepared to leave; braless and shoeless; I suggest that if you are staying at holiday accommodation or an Air BnB, you bring an old sheet to lie on the night you have had your tan. It doesn't stain but just in case.

PLEASE PARK ON THE ROAD - We have a White Shepherd called Willow.

We are above the garage - come into the garage and up the stairs on the left.