



## Spray Tan Pre & Post Care

### Pre Treatment:

- Wear dark coloured, loose-fitting clothing. Loose fitting clothes such as T-shirt dresses and thongs, ensure that none of the freshly applied spray tan formula will rub off.
- Avoid denim, active wear, and bras. Also try not to wear jewellery to your appointment, best to leave it at home safe!
- Shower and Exfoliate at least 4 hours before your appointment. Exfoliating or shaving several hours ahead of your appointment gives your pores time to close and avoid discolouration.
- Use oil free exfoliants (gloves/mitts are great for this!) You can lightly shave over any areas once the tan has been fully developed (after 24 hours)
- Avoid moisturisers and other beauty products (including deodorants). Moisturisers and makeup are likely to prevent spray tan formula from sticking to your skin. While deodorant will react with the formula and turn it green!

### What to expect:

- You will be asked to remove any clothing you wish to, be mindful what ever you choose to leave on will leave a tan line.
- We provide a cap for your hair and a disposable G-String should you wish to wear it.
- You can keep on as much clothing (or take off!) as you feel comfortable with.

### Post Treatment:

- Avoid tight clothing. Tight clothing, such as denim, active wear, bras and socks, are more likely to rub against your skin and remove the tan sooner.
- Don't exfoliate until you're ready to say goodbye to your tan. Rubbing dry after a shower will also remove the tan so be sure to pat dry until you're ready for it to come off.
- Stay away from all moisture for 1-4 hours following your appointment. This includes showering, working out, moisturising and liquid foundations on the skin. Your therapist will discuss with you how long to leave the tan on for.
- Washing off the solution: Rinse thoroughly with warm, running water only. No body wash or soap, as it may affect the development of the tan. Once the tan is fully

developed (24 hours after your appointment) you can continue with normal washing (including your hair).

- Moisturise ALOT! The better hydrated your skin is, the better your tan will look for longer!
- Avoid steam rooms and long, hot showers. These will cause your skin cells to loosen and shed faster.
- Stay away from anything that may strip your tan. Avoid harsh chemicals, such as chlorine in pools or spas, products containing AHAs (acids), massages, fashion tapes and band-aids.
- Keep your hand off! Try not to touch your skin while it is developing, as well as skin to skin contact (crossing legs, folding arms etc)