



Steps to prep before your tan

1. WEAR LOOSE FITTING CLOTHING

Something loose like a t-shirt dress and flip flops is ideal, this is to avoid your clothes rubbing off the recently applied tan.

Avoid denim, leggings/yoga pants, bras.

Dark colours are a good idea in case any tan does transfer on to clothing.

Wear dark underwear to keep on during your spray tan that you don't mind getting spray tan on.

2. EXFOLIATE BEFORE YOUR APPOINTMENT

Exfoliating is essential for an even tan and to avoid tanning lotion clinging to those rougher areas. Use oil free exfoliants as they leave a residue on your skin that will stop the tan absorbing.

3. SHOWER AND SHAVE AT LEAST 4 HOURS BEFORE YOUR APPOINTMENT

If your skin is wet your tan won't stick to your skin properly. Shaving and exfoliating at least 4 hours before your appointment, will give your pores time to close so that the solution does not settle in them. Finishing off with a cold rinse will also help with this!

4. AVOID MOISTURISERS, BEAUTY PRODUCTS AND DEODORANT

Moisturisers and make up will prevent the solution properly adhering to your skin – **clean dry skin is what we want.**

5. IDEALLY COMPLETE ALL OTHER BEAUTY SERVICES FIRST

Waxing, facials, massages, manicures will all rub your lovely fresh tan off, so get these done first and leave your tan till last. Try to book your tan for two days before your special event, so your tan is looking it's best.





After care tips for maintaining your tan

1. STAY AWAY FROM ALL MOISTURE FOR AT LEAST 4 HOURS FOLLOWING YOUR APPOINTMENT

Your skin needs time for the formula to soak in, so no showers, working out or applying liquid make up and stay in your loose clothing... no one wants a patchy tan!

2. HAVE YOUR FIRST SHOWER 4 – 8 HOURS AFTER YOUR TAN HAS BEEN APPLIED

Use warm water rather than hot, avoid scrubbing and gently pat yourself dry. Avoiding steam rooms and long hot showers after this will help pro-long your tan.

3. MOISTURISE

Moisturise regularly, at least once a day with an oil free moisturiser, to keep your tan glowing.

4. STAY AWAY FROM ANYTHING THAT MAY STRIP YOUR TAN

Harsh chemicals, such as chlorine in pools and hot tubs and products containing acid, will strip your tan. Fashion tape, bandages and massages will also strip your tan.

5. DON'T EXFOLIATE AGAIN UNTIL YOU ARE READY TO GET RID OF THE LAST OF YOUR TAN

Use an exfoliant or gentle exfoliating mitts to scrub away the last of your tan, leaving a clean base ready for your next tan.

If you have any questions, queries or concerns about your extensions please get in contact with me, I am more than happy to help.

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