

PRE- SPRAY TAN ADVICE:

- Exfoliation/scrubbing/removal of dead skin cells all over your body needs to be done beforehand. Use a rough sponge & shower gel or soap and not an oily scrub.
- You must not have any deodorant, cream or make-up on the skin prior to spray.
 - De- hair all areas of unwanted hair.
Wax – the day before, shave on the day
 - Loose, dark clothing to put on after spray.
- Wear underwear that you want the tan marks in.
 - You can't shower for 12 hours after the spray
 - No water treatments until after your shower,
ie – mani's, pedi's, massages, gym etc
- Once you have had your 1st shower after 12 hours, you can carry on as normal.
- The colour you leave here with is just the bronzer, the tan will develop over the 12hrs.
- If you get marks from clothing rub the tan off, don't stress! It will all even out after your shower.

To prolong your tan, after 1st shower:

Shower rather than soak in bath

quick washing – no scrubbing

moisturise your skin

don't shave or wax

the spray tan can last 7-10 days, or even longer if you have prepared your skin properly beforehand & look after it afterwards.