

## Spray Tan Advice

### How to prepare for your spray tan

- Don't wax 48 hours or shave 6-24 hours before your tan.
- Don't exfoliate within 3 hours of your tan - exfoliating the night before is preferred.
- Please arrive with clean skin; free from deodorant, makeup, moisturiser or perfume.
- Avoid body wash or lotions containing fragrances or mineral oils as this can effect the result.
- Please don't arrive with wet hair.

### What to bring

- Wear loose cotton fabrics immediately post-tan. We recommend bringing additional garments with you if your appointment is straight after work.
- We provide complimentary disposable g-strings.
- Please wear a strapless bra if you are breast feeding.
- Bring suitable weather protection if it is raining.

### At your appointment

- Spray tans take approximately 10 minutes but allow 15 minutes.
- Our Organic Spray Tans typically last anywhere from 7-14 days depending on factors such as skin type, lifestyle, and most importantly, your post-tan care regime.

### Post-tan tips & what to avoid

- Avoid body wash / soap for your first post-tan shower. Use your hands to lightly brush off the excess bronzer to ensure no streaks appear on the skin from the water stream.
- Always dry yourself using the 'wrap & pat' method with your towel, pressing gently into the skin.
- Short showers are best.
- Don't apply moisturiser after your second shower as the DHA will continue to develop for 24 hours.
- Avoid moisturisers and body wash containing SLS and mineral oils as these ingredients are known to effect the longevity and look of your tan.
- We recommend at least 6-8 hours before using any body products.
- Refrain from high-impact exercise for 16-24 hours as this may effect the development of the DHA.
- Avoid chlorinated / heated areas; pools, spas, saunas, steam rooms, etc.
- Apply sunscreen daily as spray tans do not contain SPF.
- Our main tip is hydration! Drinking lots of water (2-3 litres per day) keeps your skin hydrated, which in turn helps your tan last longer, fade evenly, and makes it easy to scrub off when it's ready.