

Do's and Dont's Body Bronzing

BEFORE TREATMENT

Skin preparation the night before your tan:

Wax/shave where needed

Shower and exfoliate especially any areas of hard skin, elbows, knees, heels

Apply body moisturiser

Cleanse/tone/moisturise face as normal

Skin preparation on the day of the tan:

Do not apply body moisturiser

If you need to wear perfume or deodorant please rinse off with water only (no shower gel or soap) before your appointment

If you need to wear makeup please cleanse your skin as normal

AFTER TREATMENT

In development stage

Wear loose dark clothing

Avoid touching or rubbing your skin

Avoid putting your hands in water

Wear long legged pyjamas bottoms and baggy T-shirt to bed

Refrain from wearing any footwear

Do not let skin come in contact with leather as this can strip the tan

Do not shower or take excessive exercise for at least 6 hours after treatment

Next morning

Do not use any flannels or sponges to shower the colour guide off

Pat yourself dry with a towel do not rub your skin

Do not use oil based shower gels/body lotions as oil will strip your tan

Do not shave for at least 12 hours after treatment as this has a similar effect to exfoliating

Do not use facial toner as this will strip the tan

Keep your skin moisturised as this will help the tan last longer

Do use suitable suntan lotion when in the sun as your spray tan offers no protection from UV rays

You are welcome to wear whatever makes you feel comfortable.