

Bespoke Body Contouring Technique

by Amanda Harrington®

Before your tanning treatment:

- Exfoliate and moisturise the night before your tanning treatment to ensure your skin is as smooth as possible. It is also advisable to shave or wax any areas you need to 24 hours prior.
- Immediately before your treatment, bathe or shower with oil free soap to remove any makeup, deodorant or moisturisers to create a clean base. If you would like us to tan your face as well, please apply your normal daytime face cream after cleansing.
- Please note, if you have any colour remaining on your skin from a previous tan with a different brand, this may affect the end result and colour of your tan.
- Up your water intake and eat leafy vegetables including kale, spinach and rocket, which are high in lysine, to prepare your skin for the best result.
- Hormones, stress, exhaustion and any herbal or prescribed medication may affect your tan so consider this when booking your appointment and make your therapist aware before you begin.

Immediately after your treatment:

- Allow your tan to dry for at least 15 minutes before getting dressed.
- Wear loose fitting clothes for as long as possible. Preferably cotton based with no bra.
- Avoid exercise and try to keep cool while the tan is developing. Excessive sweat can prevent the tan from setting properly and can cause streaking.
- High temperatures (including central heating in winter, hot weather in summer and thick clothing) can affect the quality of the tan, preventing proper absorption and can even cause the product to evaporate before it has had a chance to develop.
- Try not to touch your skin with your palms to avoid any tint transferring.
- The tan needs a minimum of 6 hours to fully develop, so leave at least 6 hours before bathing or showering.
- Avoid washing your hands for as long as possible during the development time. Try using wipes or sanitiser instead where possible.

Maintenance:

- Moisturise twice daily, with product that doesn't contain essential oils, to keep skin soft and even.
- Avoid oily cleansers and moisturisers as oils can break down the tan. Try to choose light lotions and oil free formulas.
- Avoid using skincare products that contain alpha hydroxyl acids (AHAs) as they will strip your tan.
- Wait at least 6 days before exfoliating to ensure your tan fades evenly. Exfoliating too soon could create uneven patches.
- Do not wax / shave for 24 hours as this removes layers of skin and will remove the tan too!
- Take cool or warm showers instead of long hot soaks in the bath where possible to prolong your tan.

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