

***Before your tanning treatment:***

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- Remove any unwanted body hair at least 24 hours prior.
- Exfoliate and moisturise the night before.
- Immediately prior to the treatment shower with a gentle body wash to remove any makeup or deodorants from the skin followed by applying a light day lotion to face & neck only.

***Immediately after your treatment:***

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- Allow your tan to dry for at least 30 minutes before getting dressed.
- Wear dark, loose fitting clothes for as long as possible, preferably cotton based.
- Avoid exercise and try to keep the skin cool as varying temperatures affect the development of the tan.
- Try not to touch your skin to avoid any tint transferring onto the hands.
- Leave at least 6 hours (up to 8) before showering: warm water not hot.
- Avoid washing your hands during the development time: try using wet-wipes.

***Maintenance:***

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- Moisturise daily with a light body lotion to keep the skin hydrated: avoid heavy oil based products which can break the tan down.
- Avoid acid based products e.g. Glycolic or Salicylic acid creams or washes which can make the tan patchy and uneven.
- Wait at least 6 days before exfoliating to ensure your tan fades evenly.
- Do not wax or shave for 24 hours post tan as this removes layers of skin and will remove the tan too.
- Take cool or warm showers instead of long hot soaks to stop your tan from fading.

***Please note:***

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- If you have any colour remaining on your skin from a previous tan with a different brand, this may affect the result.
- If you have any known allergies please make the therapist aware before commencing with the treatment.