



## Prep Tan Tips

- Exfoliate - Do a full body exfoliation to remove dead skin.
- Shave or wax 24 hours before tan time. In case it's a last minute booking and you really need to shave a few hours before, do it gently with a fresh razor.
- Laser hair removal, 4-6 days before tan and 10-14 days after tan.
- Avoid moisturizer, make up and deodorants before tan. Deodorants can react with skin, possibly causing a green colour under the arm.
- You can wash with gentle soap and warm water two hours before the tan session. Avoid showering just before tanning with hot water as this opens up the pores compromising the tan application on skin.
- Remove your jewelry before tan session.
- Prepare loose dark clothes to wear after tan.
- Do not use baby wipes to wipe off sweat before tan, use a wet towel instead.

## Post Tan Tips

- Wait out the tan developing hours as advised by the technician.
- Avoid touching your skin after tan until first rinse. Rinse well to avoid any residue on skin to avoid streaking.
- Avoid touching water or being in hot or humid places where you could sweat. This could ruin the tan developing process and cause streaking.
- Rinse your tan in lukewarm water and no soap. Go back to the normal shower routine for the second shower. Avoid harsh soaps and use sulphate free soaps.

- Moisturize daily as this prolongs the tan and prevents dryness. Use tan friendly moisturizers that are sulphate free, without oils or alcohol as they can break down your tan.
- Pat dry after rinse instead of rubbing. This can cause tan to fade unevenly.
- Use gentle soaps and avoid hard scrubbing of the body to avoid tan fading quickly.
- Avoid saunas and hot tubs. In case you like to swim in pool or sea, you can do so but avoid long dips.
- Drink plenty of water to keep your skin hydrated, which in turn helps maintain the tan longer.