



Spray Tan Advice

How do I prepare for my sunless tan?

In the week leading up to your tan, moisturise and exfoliate regularly. Drink plenty of water to keep your skin hydrated.

Complete all other beauty treatments in advance. Your spray tan should be the last treatment you receive.

24 hours before your tan **exfoliate** your entire body well, paying particular attention to elbows, knees, feet and ankles. Don't forget your face! You could use an exfoliating mitt/sponge or body scrub. Exfoliating removes dead skin and helps to promote even coverage and lengthen the duration of your tan. I recommend using a PH balanced body wash to prepare for your tan and for its duration. Avoid using moisturising body washes such as Dove before your tan as these can leave a barrier on your skin and stop the tan from taking.

If you wish to remove any unwanted body hair, this should be done 24-48 hours before your treatment. This will allow time for the pores to close. Dotting in pores will appear if not adhered to! If using shaving lotions or razors with the strips on, exfoliate the area again after as these also leave a barrier.

On the day of your tan please avoid showering right before your appointment. Ideally you should shower no later than 4 hours prior to your treatment to allow skin PH levels to return to normal and for your skin to dry completely.

After your pre-tanning shower do not apply moisturiser, perfume or deodorant. These act as a barrier and prevent the spray tan solution from making contact with the skin. They can also react with the guide colour turning the area green!

Be ready for your appointment with no make up on. Take the time to cleanse and wash your face properly. Using wipes can leave a barrier on your skin.

Remove jewellery. It is advisable to remove contact lenses before the tan as they may become stained and contaminated.

Have loose dark clothing and flip flops or loose shoes for after. Tight clothing, straps and socks will cause the developing tan to rub off.

After your tan

During the development time you should:

- Avoid wearing tight clothing.
- Avoid excessive exercise. Perspiring during the development time alters the chemical reaction of the tan.
- Not swim or immerse yourself in water.
- Avoid wetting your hands.
- Not apply moisturiser.
- Not wear socks or closed in shoes.

Try not to touch your skin during the development time. After your tan I will wipe your palms and finger tips to make sure they are clear of tanning solution. Any marks on your hands therefore are due to your hands touching your developing tan.

Leave the tan to develop for advised the time. Minimum 8 hours for classic tan.

For your first rinse after development, use only water and your hands until the water runs clear, removing all of the guide colour. Gently pat dry and moisturise.

After you've washed off your guide colour apply moisturiser daily. Well hydrated skin is essential in maintaining a longer life to your tan as it keeps the top layer of your skin from shedding as quickly. Lotions containing Alpha Hydroxyl Acids are used to increase exfoliation, therefore their use will accelerate the fading process of your tan. Avoid moisturisers containing mineral oil as these will strip your tan.

Each time when drying your face or body after washing pat your skin dry, don't rub. Face and hands are the first to fade as we wash these more. Long baths and going swimming will fade your developed tan quicker.

Start to gently exfoliate from 4 days after your tan to encourage an even wear off and to start preparing your skin for a top up!

If you follow these simple steps, you will be able to maintain an optimal tan for around five to seven days, many even say they get longer!



Remember that sunless tan does not protect you in the sun! Use SPF to protect your skin and avoid burning! I recommend using a lotion formula which is mineral oil free to prevent your tan from stripping.

Follow on Facebook & Instagram for more tips: @hederabeauty

www.hederabeauty.com

email: hederabeauty@gmail.com