

B R O N Z E

BY

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S P R A Y T A N N I N G

1 • THE DAY BEFORE

- Exfoliate your whole body 24 hours before your appointment. Pay particular attention to feet, ankles, knees, elbows and hands.
- Choose a non-oily exfoliator. Avoid sugar scrubs and oil-based products—the residue can create a barrier on your skin.
- Wax or shave at least 24 hours before your tan.
- Moisturise 24 hours before your appointment, focusing on dry areas.

2 • ON THE DAY

Arrive with clean, dry skin and NO:

- Make-up • Deodorant • Perfume • Body oils • Lotions

These can react with the tanning agents or stop your tan developing to its full potential.

You may wear a bikini, strapless bra and knickers, a thong, or go topless/naked—whatever makes you comfortable. Disposable thongs and a hair net are provided. Treatment takes around 20 minutes.

Wear loose, dark clothing. Tan solution may mark clothing.

3 • WHILE YOUR TAN DEVELOPS

Allow a full 8 hours before rinsing.

An earlier rinse gives a lighter tan that may not last as long.

- Wear loose, dark clothing—avoid leggings and skinny jeans.
- Avoid jewellery and bras, which may smudge or mark your tan.
- Keep skin completely dry and do not apply any products.
- Avoid exercise or anything that makes you perspire.
- Avoid other hair or beauty treatments for 24 hours.

Drink hot drinks through a straw: a hot cup can strip colour around your mouth. Toothpaste may also affect colour while the tan develops.

Your tan continues to settle and tone into the skin for 24 hours after the colour guide is rinsed away.

4 • YOUR FIRST RINSE

- Rinse briefly in WARM—not hot—water after 8 hours.
- Use only your hands to gently remove the remaining colour guide.
- Do not wash your hair or use soap/body wash during the first rinse.
- Do not moisturise immediately after the first rinse; your tan is still settling into your skin.

The water may run brown—this is only the cosmetic guide colour, not your developed tan washing away.

5 • KEEP YOUR TAN GLOWING

MOISTURISE DAILY & DRINK PLENTY OF WATER.

- Use a gentle body wash. Avoid AHAs and Dove products, which may strip colour. Sanex Zero is a good neutral option.
- Recommended moisturisers: E45, Astral, Palmer's Coconut Oil body lotion, or another tan-friendly/oil-free moisturiser. Coconut and almond oils are fine once the tan has developed.
- Chlorinated pools and hot tubs are safe, but can fade tan faster.
- Your result can last 7+ days depending on skin type, preparation, bathing routine and aftercare.
- From day 5—or when it looks tired—gently exfoliate for an even fade.
- **Spray tan contains NO sun protection. Always use your usual SPF.**