



Advice Sheet for Spray Tan

Before your tan:

- We recommend a patch test if you have not used spray tan products before
- Exfoliate the night before paying particular attention to elbows, knees, ankles and problem dry areas, using a body scrub.
- Wax/shave at least 24 hours prior to treatment to allow pores time to close before your treatment to prevent dotting in the pores.
- Do not apply deodorant, perfume, make up, body oils or lotions prior to your treatment.

After your tan is applied and whilst it is developing (8-10 hours):

- Wear loose dark clothing and underwear after your treatment, any tight clothing may rub against your skin and affect your final tan.
- Wear loose fitting shoes or flip flops.
- Avoid contact with water for at least 6 hours. Do not shower or bath for at least 8 hours, for ultimate results wait at least 10 hours. If possible leave your tan to develop overnight.
- Avoid excessive perspiration for as long as possible after the session (e.g. avoid sport that makes you sweat).
- Avoid other beauty / hair treatments whilst your tan is developing.
- Avoid drinking hot drinks and excessive use of toothpaste, as these can strip the colour from around your mouth.

After your tan has developed:

- Rinse off remaining colour guide with warm/hot water. once the water runs clear gently wash yourself with mild soap. Do not exfoliate.
- After showering or bathing - pat dry only.
- Moisturise every morning and night.
- Avoid products that contain alpha hydroxy acids (AHA's) as they can strip colour.
- Avoid swimming pools as chlorine will prematurely fade your tan.

Please note: This information is offered to help and support. It is not intended to be compulsory, comprehensive or replace medical advice. If you have any particular concerns following treatment please call us on 0121 233 0600.