

# EVERY BODY Beauty

## TANNING Before & After

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Waxing & Tinting | Organic Spray Tans | All products vegan friendly

## Prior to your Spray Tan

- 👍 Exfoliate the day before your appointment, paying special attention to your hands, elbows, knees & feet.
- 👍 Ensure your skin is well moisturised and hydrated, as this will allow for a more even tan, and contribute to the longevity of your tan.
- 👍 Hair removal via waxing or shaving should be done at least 24 hours prior to tan application, to allow pores to close.
- 👍 Do not wear moisturiser, makeup, deodorant or perfume before your spray tan. Excess sweat will also act as a barrier.
- 👍 Wear or bring dark loose clothing to wear straight after your tan, and avoid wearing a bra if possible, until your first shower.
- 👍 If skin is dry apply a light water based lotion lightly and evenly to skin at least 2 hours prior to your sunless tan.

## General advice:

👍 Do not wash vigorously in the shower, the more you bathe, shower, swim, etc, the shorter the tan will last. Lightly washing with water and using only your hands will help to maintain the tan.

👍 Do not exercise until after your first shower.

👍 Although adverse reactions are very unlikely and very rare, I do not recommend having a spray tan if you have any skin conditions, extremely sensitive skin, or if you take acne medications, or other skin medications, as dry skin is likely to make the tan blotchy, and medications and sensitivities may make your skin react adversely to the tan. I am happy to spray you, if you are confident that your skin will not react, and as long as you are content to risk adverse reactions.

👍 If you have an adverse reaction, wash the tan off immediately and consult a doctor. If the reaction is minor, ask your doctor or pharmacist if taking an antihistamine will help.

👍 Don't worry if you see colour wash off from your first shower, this is normal. What you see washing off is the immediate cosmetic bronzer and what is left behind is a beautiful sunless tan.

👍 Moisturize daily, especially after bathing, to maintain your sunless tan. For best results use a water based moisturizer. Don't use oil based moisturizers, they can cause blotchy areas.

👍 Drinking plenty of water and staying hydrated will help to prolong your tan.

👍 Spray tans can last from 4 – 10 days if cared for correctly.