

PRE AND POST TAN MAINTENANCE

Before you Tan

On the day of your treatment: The morning of your tanning appointment (or the night before) you should exfoliate your entire body. Exfoliation will remove dead skin that would otherwise flake off and helps to promote even coverage and lengthen the duration of your tan. When you exfoliate, pay particular attention to your face neck & chest, as well as the lower half of your legs, knees, and ankles, top of feet, toes, elbows and knuckles. We strongly suggest the use an exfoliating scrub that **does not contain OIL**.

A good alternative is a Basic Soap wash like Leaver or Ivory. Avoid soaps like Dove & Aveno, Oil of Olay, and Caress (these products are too moisturizing and will alter your skins ph balance causing unfavorable results) using a face cloth, scrubbing mitt or loofah is also recommended. Use a pumice stone on feet if necessary. It is best to shave at least 8 hours before your tanning appointment.

Do Not apply any moisturizer, oil, perfume or use any deodorant until after your post-tanning shower. Lotions perfume & deodorant will act as a barrier and prevent the DHA Spray from contacting with the skin (By shortening the life of your tan or causing patchy effect on your skin) and can also effect the development of the color adversely. The same applies to your face and the wearing of make-up. Your skin must be thoroughly clean to assure a proper application.

What to Wear

Wear dark loose fitting clothing, (no jeans), along with flip flops or sandals to/after your tanning appointment. During your session wear a dark colored garment of your preference (swim suit or undergarment). The DHA Spray solution washes out of most clothing very easily but tends to stain wool, silk and nylon materials.

Post-Tan Care

You will see immediate results after you have had the solution applied. This is because of the bronzer that has been added to guide the technician in seeing where they have placed the product on your skin. It also has the advantage of giving you immediate gratification of having a healthy and natural looking tan. This bronzer is not permanent. It will wash off when you shower for the first time. This will not affect your real tan, which has developed underneath the bronzer. So what you see after you have showered is the results of the DHA developing on your skin. Do not be alarmed at any discolored water going down the shower drain. (If it is raining, please have an umbrella available after your appointment. You may want to bring a towel to place on your car seat if it is leather or light-colored and what you are wearing doesn't cover most of your body.)

Following the Application: We have eliminated most problems associated with self-tanners, however, a few stubborn challenges remain. Immediately following your tanning application, for at least 8–10 hours, it is imperative (Until after your post Tan shower) that you avoid:

- Washing your hands or wearing tight clothing.
- Exercise or Perspiring immediately after tanning will alter the chemical reaction of the DHA Spray.
- Swimming or immersing yourself in water.
- Applying moisturizer.
- Wearing shoes or socks after your tanning session if your feet sweat. The sweat can turn your feet yellow or orange – flip flops or sandals are a good choice.

Due to the reaction of the active ingredients with the amino acids of the skin, some clients, based on their particular body chemistry, will notice a "starch" smell on their skin shortly after their tanning application. This will disappear with the post-tan shower.

Post-Tan Shower: Wait at least 8-10 hours after your tanning application before showering or bathing. You need to allow enough time for the reaction to take place however, the longer you wait to shower, the longer your tan has to develop. We recommend that you wait until the following morning to shower. Do not be alarmed if you see color washing off the first time you shower as this is just the cosmetic surface bronzer color application. Your skin will continue to tan as the self-tan reaction works on your skin.

Maintenance

Apply a moisturizer the morning and evening after your post-tan shower. Well-hydrated skin is essential in maintaining a longer life to your tanning treatment. The way the tan fades and the length of time it lasts is dependent on how each person naturally loses his or her skin. Note: Lotions containing Alpha Hydroxyl Acids are used to increase exfoliation; therefore their use will accelerate the fading process of your tan.

Products to Avoid That Can Damage Your Tan

- Hair Inhibiting Moisturizers (can Discolor Your Tan)
- Products That Contain Alpha Hydroxy Acids, Glycolic & Salicylic Acids
- Retin-A Type Products
- Anti-cellulite or Anti-aging products
- Daily Use of a Loofah, Exfoliating Mitt, or Scruff (Use Wash Cloth or Shower Poof Only)
- Exfoliating Scrubs

When you do shower, make it a quick and warm (not hot) shower and use a mild moisturizing shower gel. Avoid bar soaps, especially the deodorant type. Gently pat your skin with a soft towel and while still damp, liberally apply a good moisturizer. Continue to moisturize at least twice a day we recommend a moisturizer with tan extenders. Your tan will gradually begin to fade over the next week. The use of tan extenders can help prolong the life of your tan.