

Glow by Vikki



SPRAY TAN PREPARATION/AFTERCARE ADVICE

Preparing for your Spray Tan

- Please advise me if you are pregnant or have never used self-tanning products/had a spray tan as you may need a skin allergy test.
- Shower, Exfoliate, and Shave at least 8 hours before (**or the night before**) your spray tan session for longer-lasting results.
- Ensure skin is clean and dry prior to session— **NO moisturisers, oils, makeup, deodorant, or perfume. *Although do apply a small amount of moisturiser to any dry areas about an hour before tanning (hands, elbows, knees etc)***
- Your own underwear can be worn during your spray tan, although lighter materials may stain - disposable thongs can be provided.
- Tie long hair back (a cap will be provided). Remove jewellery and watches.
- Waxing/facials/manicures/pedicures must be done at least 24 hours prior to spray tan session.

Immediately After your Spray Tan

- **Bring with you loose, dark clothing and wear for at least 8 hours whilst tan is developing** (avoid tight fitting and light-coloured clothing, **NO** bra/leggings/socks)
- Avoid water, do not exercise, do not touch your developing tan with your hands.
- Wait at 6-8 hours (2 to 4 hours for fast tan) before showering, exercise, or any activity that causes excessive perspiration (washing off earlier may affect the intensity of the tan)
- After 6-8 hours shower as normal, then pat skin dry and apply moisturiser. For fast tan please shower with just water and return to normal showering when at least 12 hours has passed since your fast spray tan.

Maintaining Your Spray Tan (to ensure tans lasts up to 7 days)

- Moisturise regularly.
- Avoid long hot baths and showers.
- Pat your skin dry after a bath or shower.
- Avoid swimming pools and salt water as these can reduce your tan.
- Try to use a fresh new razor for shaving.

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