

The Do's and Don't's of Tanning

Pre Tan Preparation:

- Shower, exfoliate, and remove body hair 24 to 8 hours before your tanning session
- Skin should be clean and dry before being sprayed. Don't apply moisturizer, deodorant's, anti-persperents, oils or make up before your appointment.
- Style your hair in ponytail (away from your face and neck)
- Remove all contact lens and jewelry
- You will not be able to bath, swim or exercise for at least 6-8 hours after tan
- Bring towel to cover leather or light colored seats, if going somewhere right away
- If it is raining, bring an umbrella out with you!

After Tan Care:

- Wear dark loose clothing while tan develops
- Don't exercise, swim or bath for 6-8 hours
- After 6-8 hours shower normally (don't use defoliant's)
- Wash with mild shower gel (with poof)
- Pat, don't rub skin dry
- Moisturize twice daily, use tan extender
- Avoid exfoliating

If you have any questions please contact your technician Products to Avoid:

The following products can lighten or make tan uneven

- A women's tan may develop different during various hormonal changes (menstruation, ovulation, pregnancy)
- AHA products (alpha hydroxy acids)
- Anti-acne products that exfoliate and dry skin (antibiotics)
- Anti-aging products that "renew" the skin
- Band-Aids
- Bar soaps
- BHA products (beta hydroxy acids)
- Body hair bleach products
- Bug spray, perfumes, body sprays when applied directly to the skin (instead spray clothing)
- Curel Lotion
- Dove products will fade tan faster
- * Facial masks and exfoliating scrubs
- * Hair inhibiting lotions
- * Heavy sweating
- * In winter, Aveeno moisturizer recommended
- * Eye make up removal
- * Pat dry in the shower don't rub
- * Always use new sharp razor
- * Waxing or hair removal (do this one day prior to tan)