

## Before Care for the Client

- \* Shower a minimum of 2 hours before your tan or the night before if you are getting sprayed early
- \* Exfoliate and shave the day before or at least 2 hours before your tan.
- \* You can have a patch test done a day or two before if you are worried about a skin reaction
- \* Do not apply perfume, roll-on or deodorant on your skin.
- \* Do not put a thick moisturizer on your skin, a thin cream is ok
- \* Wear dark underwear or disposable underwear will be provided at the salon.
- \* Men with hair on chest and legs, either shave or shear the hair before the tan if you would like an even tan.
- \* If you want to tan your face, your face must not have moisturiser or make-up on
- \* Bring dark loose clothes, best choice would be a big T-shirt eg. Dad and partners T-shirt, and a loose skirt or wrap around, another option could be a sarong.
- \* if you have any really dry patches, put cream on those areas

**NO LONG PANTS TO BE WORN AFTER THE TAN**

**IF YOU ARE NOT SURE WHAT TO WEAR, BRING A FEW OPTIONS**

If there is anything you are not sure of, please feel free to call me on 082 672 4546

## After Care for the Client

- \* Your Tan should last you anything from 5-10 days. Depending from each person and on how you look after your Tan.
- \* Your Tan will darken slightly on the day, but will lighten a bit after your first shower.
- \* Don't wash your hands, if you do, dry only the inside with a towel.  
Don't Put on tight clothing for at least 5 hours
- \* Don't Exercise. Perspiring immediately after tanning it alters reaction on the SunSpray, changing the colour result.
- \* It is advisable to wait at least 7 hours before doing anything that may make you perspire.
- \* Chlorine fades the tan faster
- \* Don't apply moisturizer until a few hours after.
- \* Don't sit directly on leather or light fabric seats and furniture the day of tanning. Sit on a towel or cloth instead.
- \* Don't wear closed shoes or socks after your tanning session.
- \* Perspiration can turn your feet yellow or orange.
- \* Don't put jewellery back on directly after your tan.
- \* Don't put your bra back on directly after your tan, it will leave lines.
- \* Don't book any other treatments on the day of your tan.  
Eg. Facial, manicure, pedicure, waxing or shaving.
- \* No bathing (only shower) a bath will fade your tan. After your shower, pat your skin dry.
- \* Do not exfoliate your skin after you tan, shower fast with a small amount of soap.