

# Spirit Day Spa

## 01420 82882

### Hints and Tips for a Successful Spray Tan

#### **When should I have my tan?**

We recommend 48 hours before the event that you want the tan for, preferably in the evening.

#### **What do I wear?**

For the tan application we will provide paper knickers with very narrow elastic, minimising the area which won't have tan applied. If you prefer you can wear your own underwear and a strapless bra.

After your tan you will need to wear loose dark clothing and ideally no bra. Please note that anything which rubs against your body will either rub the product off or rub the product in, so we do not recommend jeans or tight tops with straps on the shoulders.

Please **do not wear silky clothing** as it can make your tan patchy.

#### **Will I be able to go out or to work after I've had my tan?**

You will have a very slight tan colour when you leave the salon but this is only the guide colour for the therapist. Your tan will develop under this. We recommend an evening appointment, if possible, as most people prefer to go home after their treatment. However you won't look odd for a few hours but you must be careful about washing your hands.

#### **How do I know it's dry?**

You will feel sticky for a couple of hours but you will be dry before you leave the salon, when you put your clothes on. Do not be tempted to test areas as you will transfer tan product onto your hands which may lead to a patchy tan or un-naturally tanned palms.

#### **When can I shower the product off?**

We recommend a minimum of twelve hours for the product to develop before you shower it off but it will continue to develop for up to 20 hours if you prefer to leave it on longer. Do not dry yourself too briskly after you shower or bath.

DO NOT PANIC if you have colour on your towel or wash cloth, this is just the guide colour, it will not effect your tan. You may find that it takes a couple of showers before all of the guide colour has washed off.

#### **What should I do to prepare my skin?**

In the run up to your tan, try to do a couple of full body exfoliations, four or five days before and the night before. Use a salt scrub, stand in the bath or shower and use the scrub without water on dry skin. Concentrate particularly on ankles, knees, elbows and wrists but ensure you use the scrub over your whole body, then wash off using a wash cloth.

In the week before your tan use a body moisturiser after every shower or bath.

Good skin preparation before your tan will ensure that your tan lasts longer and fades more evenly.

**DO NOT USE ANY OIL ON THE DAY OF YOUR TAN** as it acts as a barrier to absorption of the tanning product.

### **How long will my tan last?**

Assuming good skin preparation, as recommended above, your tan will last for seven to ten days. This is based on two full coats of tan being applied in your treatment. If you would like a light glow we will apply two light coats and therefore your tan will last about five days.

Maintain your tan by moisturising every time you get out of the bath or shower.

### **Does it stain clothes, bedding or towels?**

The tanning product will wash out as part of a normal wash.

### **Will I go orange?**

No. After testing different products Spirit settled on Sudo as it works with the Melanin in your skin and brings out a colour completely natural to you.

### **Do I still need to wear sun cream?**

Yes, self tan will not give you any sun protection. You need to treat your skin as you would your normal skin colour.