

SPRAY TANNING AFTERCARE

The following aftercare advice is essential to help reduce the risk of treatment complications, to improve your comfort and to help achieve the best possible results from treatment.

Please follow the aftercare advice for spray tanning.

- Let your tan set for at least 7-8 hours (overnight if possible), avoid touching your body while the tan is setting as it can leave marks.
- Avoid wearing socks or shoes after your tanning session to allow the tan to develop properly on your feet.
- Avoid applying moisturizers, makeup or deodorants until the next morning after treatment.
- Avoid creams containing glycolic acid or alpha hydroxyl acids (AHA's) as these can encourage exfoliation and speed up removal of the tan.
- Avoid showering or bathing for at least 8 hours or ideally until the morning after the spray tan. When you do shower or bath it is normal to see some of the tan wash off.
- Avoid wearing tight clothing for at least 5 hours. This includes tighter-fitting jeans, bras, spandex, tight blouses and shoes/socks.
- Avoid swimming and strenuous exercise for 24 hours, this can make you sweat and can create streaks in the tan.
- Avoid excessive heat and sun exposure for 24 hours, this can make you sweat and can create streaks in the tan.
- Do not shave for 24 hours after the treatment.
- Beware wearing long boots after tanning as these can make your tan patchy on your legs.
- Contact your therapist if you experience any side effects from the treatment.

Maintaining the Tan

It is recommended you follow these general guidelines to maintain your tan:

- Moisturise regularly.
- Avoid long hot baths and showers as these speed up exfoliation.
- Pat your skin dry after a bath or shower. Rubbing your skin may rub off your tan.

- Avoid swimming pools and salt water, as these can reduce your tan.
- Try to always have a fresh new razor for shaving.

It is essential that you have read all of the information available. Once you have read and understood all of the below, please sign the declaration at the bottom of this form. Please do let your practitioner know if you have any questions or if you do not understand any of the aftercare instructions provided below.

I confirm that I have read and understood all the information on this Form and that I have been given the opportunity to ask any questions that have come to mind throughout.