

Therabeautic Spray Tanning Advice

Before:

- If you are taking medication, please inform your therapist (this may not prevent you from receiving a spray tanning treatment).
- You must receive a patch test 24 hours prior to your spray tanning treatment.
- Do not use any other self-tanning products 1 week before treatment.
- Wax or shave at least 14 hours prior to treatment.
- On the day of your spray tan do not wear any make-up, deodorant, body oils or lotions as these may react with the tanning agents in spray tan.

Immediately After:

- Wear loose, dark clothing and sandals or flip flops.
- Keep skin completely dry, avoid water contact or spilling a hot drink down your chin.
- Do not apply any products over the developing tan.
- Allow tan to develop for at least 6-8 hours (overnight if possible) or as prescribed by your therapist.
- Avoid other beauty or hair treatments whilst tan is developing.
- Avoid activities that make you perspire.
- Toothpaste can also strip colour while developing.

After the tan has developed:

- Rinse off the remaining colour guide with warm/hot water. Once water runs clear gently wash yourself with a mild soap.
- Avoid products that contain alpha hydroxy acids (AHA's) as they can strip the colour.
- Avoid swimming pools as chlorine will prematurely fade your tan.

FOR BEST RESULTS ALWAYS EXFOLIATE BEFORE YOUR TAN!!

5-7 Days after your tan we recommend you gently exfoliate your skin with a body polish or mit. Repeat this every 2 day thereafter to ensure your tan fades evenly and to prepare our skin for your next tan.

To prolong your tan use Oil Free skin Moisturiser. This product will lock in your tan and prevent it from fading prematurely. Your skin will also feel hydrated with this product.

If any adverse reaction occurs, please contact Therabeautic immediately.