



Tanning Tips: A Precise List of **DO's** and **DONT's**

- **DO NOT** wear tight fitting clothing, jewelry (watches, tight necklaces, etc.) at least a few hours after your session.
- **DO NOT** rub your face / other body parts, or apply moisturizer, make-up or other skin products for at least a few hours after your session.
- **DO NOT** sit directly on leather or light fabric seats and furniture after your tanning session. Sit on towel or cloth instead -- bring a towel for your car seat.
- **DO NOT** take long hot baths, do not soak in the pool or salt water after your tan. This can accelerate exfoliation and fade your tan.
- **DO NOT** exercise or get wet until after your post tan shower. Excessive perspiration can hinder the tanning process and lessen the final result of your tan.
- **DO NOT** use lotions with Alpha Hydroxy Acids as their purpose is to increase exfoliation. Be advised that their use will accelerate the fading process of your tan and will reduce the final tan result.
- **DO NOT** be alarmed! You will see color washing off the first time you shower. This is just the cosmetic color that was applied. Your skin will continue to tan as the Spray Soleil Solution develops on your skin. The tan left behind will gently and gradually fade until your next exfoliation. Your skin type affects how often you need to tan. Dryer skin exfoliates faster, so hydrating with lotion between sessions is essential to keep your tan alive.
- **DO NOT** wear contact lenses during your session.
- **DO** shower and exfoliate your entire body a few hours before your session. You should be free of all make-up, moisturizers, and perfumes when you arrive for your appointment.
- **DO** make sure any waxing or shaving is done at least a few hours before tanning. This includes facial waxing.
- **DO** wear a dark colored bathing suit (or your garment of preference) to tan in. The solution washes out of most clothing very easily, but tends to stain light nylon and other light synthetic materials. If you do not have an appropriate bathing suit, ask about disposable thongs, panties, and bras.
- **DO** tell your tan technician if you have never used a product containing DHA (commonly found in sunless tanners). If you are unsure if you are allergic to DHA, ask for a patch test.
- **DO** wear dark, loose clothing and shoes to your appointment. No White clothing or Tight Jeans Please!
- **DO** wait at least 6-12 hours before showering after your tanning session. You need to allow enough time for the Spray Soleil Solution to develop into your tan.
- **DO** apply moisturizer, morning and evening, after your post tanning shower. Hydrated skin makes your tan last longer. Also ask about our tan extending moisturizer.