

# Sunless Tanning Instructions



## Pre-Tan Prep

- The night before your tan, exfoliate with a sea salt scrub or other body exfoliating scrub to remove loose, dead skin cells, which prevent even application of color and will improve and extend the tanning results. Apply a moisturizing lotion prior to bed.
- We recommend shaving the day before your tanning session.

## Day of Tan

- Skin should be clean and dry. Do not use bar soap; soap residue interferes with tanning results.
- No lotions, unless skin is truly dry, then use a thin layer.
- No deodorants, oils, gels, or perfumes can be worn. They create a barrier on the skin.
- All makeup must be removed prior to tanning session.
- Remove all jewelry.
- If you choose to wear a swimsuit or a thong, select a dark item. If tanning solution gets on clothing, it does not stain and washes out easily.
- Bring dark, loose fitting clothing to wear after tanning session and flip flops. Avoid tight fitting clothing, such as bras or tight sleeves, which could cause lines in your tan or rub the color off your skin.

**Please note the cosmetic color of the bronzer will wash off with your first shower. The DHA bronzer in the tanning solution begins to activate in 2-4 hours. Full results develop over the next 18-24 hours. Your tan should last 5-7 days if the maintenance steps are properly followed.**

**The first night it is best to wear PJ's or baggy loose clothing to prevent transferring the developing bronzer on your sheets. (It will stain silk sheets, so use cotton.)**

## Maintenance

- Avoid water. Wait 8-12 hours before washing hands, showering, sweating, or coming into contact with water.
- Wash carefully. Do not use bar soaps, especially Dove, which can strip skin of necessary oils that help keep your color longer. Use a shower gel or body wash instead. Do not use any exfoliating products, wash clothes, or loofahs until you are ready for your next tan. Pat your skin dry after bathing, don't rub.
- Avoid products containing alcohol, alpha hydroxy acid (AHA), retin-a, beta hydroxy, and acid peels.

- Moisturize daily. Moisturizing is the most important step in maximizing your sunless tan.
- Be cautious of chlorine. Sunless tans will fade when submerged in any type of water for an extended time period. Avoid hot showers, baths, and excessive exposure to chlorine in swimming pools and hot tubs.
- Excessive sweating will cause your tan to fade unevenly.
- Use a moisturizer mixed with self-tanner if you notice any areas that are slightly streaky.
- Sunless tanning products do not contain SPF, please continue to use sunscreen protection.