

## Just Pampered Spray Tanning Pre and Post Treatment Guidance

### Pre Treatment

- ✓ Carry out any hair removal (waxing, shaving, tweezing etc) a minimum of 24 hours before the spray tan treatment. If it is carried out too soon before treatment, the follicles will be raised and the tan may grip to the hair follicle and appear patchy and freckle-like
- ✓ Perform a full body exfoliation using a body scrub or exfoliating mitts to gently slough away dead skin cells. This should be carried out the day before your tan. Following the exfoliation, moisturise all over
- ✓ On the morning of your tan, shower but do not moisturise as it acts as a barrier so the tan may not develop.
- ✓ On the day of your tan, do not apply deodorant as it may discolour the tan. If you forget and arrive with deodorant, inform the therapist and remove any traces before the spray tan commences
- ✓ Arrive at your appointment in comfortable and loose clothing. It is advisable not to wear tight fitting socks as this could cause a gathering of pigment where the elastic sits tightly against the skin.
- ✓ Although the tan should wash out of any material, we still advise that you refrain from wearing white or light coloured clothing to your appointment

### What happens during treatment?

The therapist will help you select the best colour to suit your skin tone and prepare the booth for you. You will be sprayed by the therapist while you stand in the booth, wearing a choice of our disposable knickers or your own underwear (if this makes you more comfortable). We will show you how to stand and what to do to achieve the perfect coverage.

The mist will feel cool on the skin but will only take around 10-12 minutes to complete the full body. Following the treatment, the therapist applies warm air to dry the tan and check the coverage. They will also assist you out of the booth and advise when it is safe to get dressed.

### Post Treatment

- ✓ Immediately after the tan your guide colour will be visible but your own tan develops underneath. The guide colour ensures the perfect coverage but will wash off in the shower, leaving your tan on the skin
- ✓ Your therapist will advise you how long to keep the tan on the skin before showering and it will depend on the brand and colour applied. As a rough guide we recommend 6-8 hours. For nervous clients or those looking to achieve only a subtle glow, we advise less time and for those looking for the deepest overall colour, you could sleep with the tan on and rinse the next day
- ✓ Avoid activity which may cause perspiration for 12 hours
- ✓ No swimming for 12 hours (chlorine will bleach the colour)
- ✓ Avoid other beauty treatments until the tan has developed
- ✓ Avoid touching the skin during development as it may lead to staining on your hands or patches on the body
- ✓ Once your tan has developed for the adequate time, rinse thoroughly in the shower. Use only water and wait until the water runs clear before applying any shower gel or soap. This ensures the guide colour has been fully removed
- ✓ Your tan can be maintained by moisturising daily with an oil free moisturiser to prolong the results and ensure an even fade
- ✓ Exfoliate every other day after your tan to gently remove any dead skin cells and to maintain your gorgeous glow. Pay particular attention to the crease of your arm, elbows, hands & feet.
- ✓ Exfoliating and hydrating moisturising products are also available to buy and use alongside your tan in order to prolong the best results

### How long with the Spray Tan last?

The tan will last on average 5-7 days but this will depend on how dry your skin is and how well you maintain the tan. If you exfoliate every other day and moisturise daily it will ensure even fading and longer lasting results.