



# Sophora

## Skincare & more

### Spray Tan Client Guide

This is a how to guide to maximise the results of your spray tan. Skin care is critical to achieving the best results and retaining your colour.



#### Before Your Spray Tan

*Come in with clean polished skin.*

- Exfoliate the night/day before your spray tan to get those dead skin cells off!
- Wax or shave at least 24hours before your spray tan
- Come in for your spray tan without any moisturisers, makeup, perfumes, deodorants on as these act as a barrier to the tanning solution and may cause streaks

*Wear dark, loose clothing*

- You'll be sprayed in as much or as little clothing as you choose so be aware that some spray will get on these clothes and on the ones you put on after your spray tan
- Loose clothing prevents excess rubbing off of your tan
- Clothing washes in warm soapy water but don't wear your favourite knickers or g-string!

#### Immediately After Your Spray Tan

*Take care of your tan before your first shower*

Do:

- Wear loose clothing, preferably braless
- Do Not:
- Rub or touch the tan
  - Exercise or do anything that makes you sweat
  - Apply moisturiser, makeup or perfume etc

*Be gentle in your first shower*

- Wait until your tanning development time is completed, this is different with different spray lotion so your tanning operator will advise a suitable time
- Gently rub your tan with your hands to remove the excess solution
- Use only water no body wash or soap

#### Caring for Your Spray Tan

*Care for your skin like never before*

It's always important to keep your skin moisturised and nourished as this hydrates and protects the skin. Doing this at least daily, twice if you can, will extend the life of your tan. Even better if you use a specially moisturiser for after tanning.

*A few things to avoid in the week after your spray tan*

- Long hot showers or baths
- Exfoliating or shaving
- Waxing
- Harsh soap; use a gentle soap free body wash instead
- Swimming
- Getting sandy at the beach; the sand acts as an exfoliator!

Shop 15 Copperfields, 7 Seaview Rd, Paraparaumu Beach

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