

Sunless Tanning Instructions

BEFORE...

- **EXFOLIATE** and **MOISTURIZE** your skin prior to your sunless session to promote even, longer lasting tanning results.
 - Begin regular exfoliation and moisturizing as soon as possible prior to your sunless tanning appointment.
 - Spend extra time on knees, elbows, feet, and hands.
- **SHAVE** at least 6-12 hours before your sunless tanning session. Any waxing or other skin treatments (manicures & pedicures) should be done 1-2 days before sunless session.
- **DO NOT** apply **OIL/LOTION** the day of your sunless tanning appointment and remove make up prior to application for best results.
- **DO NOT** wear deodorant or please remove before tanning.
- **WEAR** (or bring) **LOOSE** fitting **DARK** clothing to your sunless tanning appointment.
 - Do not wear wool, nylon, or silk during or after your sunless application and for at least 8 hours after application as DHA may react with these fabrics and cause staining.

AFTER...

- **WAIT 1 - 3 HOURS** after application before showering to allow time for the tanning reaction to occur on the skin. The longer you wait to shower, the darker your tan will be; however, **DO NOT exceed 3 hours.**
 - During your **first shower** after application, rinse with **warm water only**--no soap, shampoo, etc.
 - Expect to see some color rinse off during your first shower. This is the cosmetic bronzer used as a guide during sunless application; however, the DHA tanning activator will continue to develop over the next several hours. Rinse until water runs clear.
 - After showering, pat your skin dry, avoid rubbing your skin, and wear loose fitting clothing for 6 - 8 hours.
- **AVOID** exercise or other sweat-inducing activities as well as moisturizers, oils, soaps, etc. until after your first shower.

HELPFUL HINTS

- Wait as long as possible before your second shower, as DHA can take up to 24 hours to fully develop.
- Moisturize 2 - 3 times daily, especially after bathing, to optimize your sunless tan. For best results use a water-based moisturizer and avoid oil-based moisturizers.
- Apply water-based sunscreen as part of your daily skin care routine to protect your skin from harmful sun exposure. *** Sunless tanning products do not contain sunscreen or provide protection from sun exposure. ****
- Hot showers, soaking baths, swimming, etc. will result in faster fading of your sunless tan.

If you have any questions or concerns prior to/after your sunless tanning session, please don't hesitate to contact us!

**** TANNING SPECIALIST IS NOT RESPONSIBLE FOR UNEVEN TAN IF SUNLESS TANNING INSTRUCTIONS ARE NOT FOLLOWED. ****