



## **PRE SPRAY TANNING ADVICE AND INFORMATION**

Spray Tanning is available to women and men. We use Black Magic which is organic, alcohol free and paraben free.

The active ingredient is dihydroxyacetone or DHA. DHA has been used in cosmetic preparations for 30 years. DHA is derived from glycerine (vegetable origin) which is a commonly used in cosmetics and food ingredients. DHA is not absorbed into the body and poses no possibility of toxicity.

Spray Tanning is the best and safest way to tan without sun. DHA is a colourless sugar that interacts with the dead skin cells.

DHA does not contain an added sunscreen and will not protect you from the UVA and UVB rays. Always wear a good sunscreen.

### **Before the Spray Tan (to prepare you and your skin)**

- ❖ Shower and exfoliate to remove any dead skin cells
- ❖ Apply nail polish to prevent the nails becoming discoloured with the solution (clear is OK) or oil can be applied
- ❖ Wear loose fitting and old clothing to the session so that upon leaving if the clothes get stained from the solution it won't matter and won't rub off as much as tight fitting clothing. Do not apply any lotions like deodorants, moisturisers, makeup or perfumes
- ❖ Remove jewellery
- ❖ Tie long hair up, a disposable cap can be provided as well
- ❖ If body or face hair removal is required this is best done 48 hours prior to the spray tan

### **During the Spray Tan (to put you at ease)**

- ❖ Disposable G strings for woman and men are available. Disposable bras are available for women if required. If you prefer to wear your own under garments this is OK but wear old ones
- ❖ You will be asked to stand in various positions and rotate to ensure even coverage
- ❖ The spray tan only takes a few minutes and then a few minutes to dry

### **After the Spray Tan (to look after your tan)**

- ❖ Wear loose fitting clothing
- ❖ Do not sit on light coloured or leather furniture
- ❖ Shower 2 – 6 hours after the tan depending on how dark you want it
- ❖ Moisturise the skin daily and apply extender (retail product available)
- ❖ Do not exfoliate
- ❖ Do not sweat or carry out strenuous activity