

BODYNSOUL

Tanning Treatments

Pre / Aftercare Advice

Sienna Spray Tanning (pre-treatment)

- ✓ Please attend wearing loose clothing and flip flops if possible.
- ✓ Shave a day before your tanning treatment. Wax at least 24 hours prior to treatment
- ✓ Remove all make-up, perfumes, moisturizing creams and deodorant prior tanning treatment
- ✓ Start exfoliating for 4 days prior to tanning

Sienna Spray Tanning (after-care)

- ✓ Leave loose clothing on for as long as possible minimum of six hours.
- ✓ If leaving on overnight use dark bed sheets as the tan will mark, although this is easily washed out.
- ✓ Moisturise your body everyday to maintain your tan
- ✓ Avoid swimming
- ✓ Do not shower for a minimum of six hours after tanning application
- ✓ To maintain tan, pat dry do not rub following a bath or shower to ensure an even fade.
- ✓ Avoid exercise in the first 24 hours.