

Spray Tan Aftercare

Your tan should last for up to 5 days, if you look after it in the following ways



Immediately After Spray Tan Application

- Wear loose clothing - avoid wearing a bra, or tight-fitting clothes, as friction will remove the tan
 - Wear flip flops or sandals
 - Do not get the spray tanned areas of skin wet for a **minimum of 8 hours**
 - Avoid exercise or activities that may cause you to sweat
 - Avoid steam and moist environments, such as steam rooms, saunas etc.
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- Sleep in your initial spray tan application, to achieve a darker colour
 - If it has been 8 hours or more by the morning, wash off the residual tan
 - Do not rub your skin with a towel after bathing – instead, pat gently
 - Do not go swimming, as the chlorine will fade your tan
 - Moisturise every day – however, do not use any products that contain AHA or other peeling ingredients
 - Do not exfoliate for at least 5 days after the spray tan, as this will begin the fading process
 - **After 5 days**, gently exfoliate daily to remove your tan evenly

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