



# Academy of Hair & Beauty

## SPRAY TANNING

Thank you for requesting a spray tanning service at the Academy Salon.

### Pre-service advice

To get the best results from the cosmetic tan application .....

- Remove dead skin cell build up from elbows and knees by performing a home body **exfoliation treatment** the day before the service. For home exfoliation you can use specific products or simply use a washcloth or a fibre mitt or glove. You should cover all areas of the skin, paying particular attention to areas where dry skin builds up – the knees, the elbows, the feet. Be gentle with your skin – you do not want to arrive at the salon for a cosmetic tan with skin that is irritated. A fresh layer of skin is vital for the spray tan solution to properly adhere to your body.
- Use a body scrub not a bar soap. Avoid ‘Dove’ soaps or deodorant soaps since they create a film on your skin and create a barrier.
- If you **shave or wax** or have electrolysis, this should be done at least 24 hours before the service. If this is not done, it will cause a dot effect on the skin.
- **Deodorants, antiperspirants and make-up** will have to be removed before the tan application, as these products create a barrier on the skin and can cause a blotchy appearance. This can be done with a wet wipe or by having a shower prior to the service which also removes perspiration.
- Do not use a **moisturiser, body oils or perfumes** on your skin prior to the application.
- **Nail polish** can be applied to the nails to prevent the tanning solution coming into contact with the nail. Apply petroleum jelly (‘Vaseline’) to your cuticles and nail beds to ward off excess colour build-up in those areas.
- Bring loose, dark, non-synthetic **clothing** to wear after the tan application (avoid bras, yoga pants, etc). This won’t rub against the skin, removing the solution and causing

marks in the final result. Putting on tight clothes immediately after your spray tan is a no-no.

- Bring a **towel** to cover the seats in your car to prevent any solution staining the covering.
- Remove any contact lenses just before treatment – you will need to bring appropriate solution and container.
- The salon provides ‘sticky feet’, or you may bring thongs.
- The salon will supply disposable underwear or you can bring an old pair of bathers or underwear.
- It is preferable that you do not come to the salon wearing jewellery, as it must be removed before your tanning service. An exception to this is your wedding ring.

### Aftercare advice

**Remember: If you have any concerns please ring the salon immediately.**

Please follow our aftercare advice .....

#### Immediately

- If a bronzing agent is added to the tan solution whatever you touch may become coloured. This includes car seats, bedding and furniture.

#### Up to eight hours after treatment

- **Avoid any activity that will cause sweating** such as exercise or being in a hot room. Sweat will dilute the tan solution and an uneven, patchy tan will develop. You should plan to have a quiet few hours after your spray tan application.
- **Do not shower, swim or bathe.** Water will dilute the tan solution before it has had a chance to interact with the stratum corneum. Avoid getting your skin wet, even from rain, washing dishes or giving kids a bath.
- Salt water and chlorine in a swimming pool will accelerate the fading of the tan.

### After eight hours

- You can shower but, you should use water that is cool to warm, rather than hot. Apply shower gel only with your hands, not a loofah, towel or sponge.
- You should use a recommended shower gel and dry yourself by patting the skin dry, not rubbing. Bar soap will reduce the number of days that the tan lasts.
- Apply a moisturizer to the skin and follow with a sunscreen. Moisturising 2-3 times a day will hydrate the skin and best maintain a glowing tan.
- At night you should use a tan extending lotion.
- You need to keep the skin moisturised over the life of the cosmetic tan; this will reduce the patchiness that can develop as the skin sheds cells over the next few days.