



# Tiffany

HAIR & BEAUTY

## SPRAY TAN PREPARATION & AFTER-CARE

Dear Client,

It is important to prepare yourself before the tanning session as well as proper after care and maintenance to your new spray tan.

Please follow the preparation and maintenance guide below.

### WHAT TO DO BEFORE A SPRAY TAN

- Shave or wax 24 hours before your appointment.
- Exfoliate your skin with a loafer or exfoliate glove at least 8 hours prior to your Spray Tan appointment.
- Ensure you do not use any harsh products before your appointment and use only gentle exfoliation.
- Do not wear any moisturisers, Deodorant, Perfume or Make-up to your appointment.
- Wear loose dark clothes with slides/thongs.
- Remove all Jewellery.

### HOW TO MAINTAIN YOUR SPRAY TAN & MAKE IT LAST

To increase the life of your Spray Tan you should moisturise regularly, avoid long showers, avoid exercise or sweat-inducing activities & try not to swim in salt or chlorinated water.

### PRODUCTS TO AVOID

The following products and activities can lighten your spray tan or make it blotchy or uneven if used prematurely a few days after your session.

- Avoid Dove shower gel or soap products.
- Anti-aging products that "renew", "refresh" or "exfoliate" skin.
- Toners containing Witch Hazel or alcohol.
- Anti-acne products that exfoliate the skin accutane or salicylic acid.
- Makeup remover cleaning products or oils used to clean away eye makeup.




- Loofah or Exfoliate Glove.
- Band-Aids or adhesive tape.
- Facial mask or exfoliating scrubs.
- Adhesive facial strips.
- Wax hair removal.
- Hair removal products.... Nair, Veet etc.
- Be cautious when shaving as it has an exfoliating effect on your skin, clients should only use a new & clean razor as a dull razor will scrape off the spray tan product.




# Thank You



for your business

We appreciate your business today and look forward to your next appointment.  
Should you have any concerns or issues, do not hesitate to contact us.

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Love  
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