

## **Spray tan before & aftercare**

**Preparation is the key to getting the most out of your spray tan! For the longest-lasting, flawless tan follow the below guidelines:**

- Exfoliate with St.Tropez Tan Enhancing Body Polish or Tan Remover Mitt the day before to give a good base for your tan
- Ensure any hair removal is done 24hrs before
- If you have more time, you can start exfoliating every 2 – 3 days and moisturising daily to ensure your skin is super hydrated
- On the day of your appointment, ensure your skin is free from moisturiser, deodorants and make up

Ideally I'd always say to have your tan 2 days before your event/occasion to allow your tan to settle into the skin fully as the tanning actives continue developing even once you have washed off your tan. But don't panic if you can only get an appointment the day before, you will still have built up most of your colour!

### **What to expect when you go for a tan:**

- You will be offered disposable underwear or you can bring your own, just make sure they're not your favourites and go for black. Your therapist will give you some sticky feet (tanned soles of the feet isn't a great look), a hair towel and will apply moisturiser to the dry areas. Your tan should only take around 15 minutes, simply spray and glow!

### **Development time:**

- Spray tans take 4-8 hours to develop so be careful not to get wet beforehand. If you opt for Express however, we can get you from desk to dancefloor in just 1 hour! Express allows you to control your depth of tan so you can rinse it off after 1hr for a sunkissed glow, 2hrs for a medium tan or 3hrs for a dark bronze. (This is an extra £3 for full body, extra £2 for part body)
- Don't panic when you rinse off and all that colour goes down the drain – we call that guide colour, your tan will not wash away!

**Does and don't whilst your tan is developing:**

- Personally I never like wearing anything too tight after a spray tan, and I always opt for dark clothing in case of any transfer. Once the tan is developed and you have washed it off, you can show off that tan in your whitest dress and have no worries about transfer!
- Having your tan is a great excuse to get out off your spin class, as you need to ensure you don't get your tan wet or do any exercise until it has developed, so get yourself on the sofa, catch up on your favourite television and relax!

**Find your perfect tan:**

- We have a range of tans that suit all occasions – I offer a classic golden glow with a 4-6 hour development tan or the Express Mist – you can choose the depth of your tan AND rinse it off quicker, definitely my favourite!

[https://www.sttropeztan.co.uk/blog/5-things-to-know-before-you-get-a-spray-tan/#.XcpEzu\\_7SM8](https://www.sttropeztan.co.uk/blog/5-things-to-know-before-you-get-a-spray-tan/#.XcpEzu_7SM8)