



## **TIPS FOR TANNERS**

### **Before Your Spray Tan**

- Shower and thoroughly exfoliate your body the day of your application
- Wax or shave the day before your tan
- Do not apply perfume or deodorant before your tan application
- Wear loose dark clothes, undergarments and shoes

*At Heavenly Escape we recommend using St Tropez body polish*

### **After Your Tan**

- Wait 6-8 hours before showering
- Avoid extended soaking in baths or pools
- Do not exercise heavily the day of your application
- Moisturise morning and night to increase the life of your tan
- Do not use lotions containing Alpha Hydroxy Acids as these will accelerate exfoliation of your skin and fading of your tan

To maintain that sun kissed glow we recommend that you use St Tropez exfoliant 5 - 7 days after your application and follow up with another spray tan there after.