



ROK Beauty Bar  
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Wax, Lash, Tan, Gorgeous

### SPRAY TANNING AFTER CARE

You're glowing with a sun-kissed radiance! If you look after your tan, it will last 7-10 days. Here's the do's and don'ts on what to do now –

#### AVOID –

- Friction on the skin before your tan has developed (eg. your handbag on your shoulder, bra straps, tight sock bands etc). This might cause your tan to rub off unevenly in the area.
- Showering until your tan has had time to develop (either 2 or 6 hours, depending on the tan you selected). Be careful when washing your hands as well. Any water getting on your tan before it has developed will cause the tan to go blotchy. On that note, avoid crying as well!
- Sweating. Now is not the time to hit the gym. Sweating will cause the tan to go icky.
- Waxing. Your tan will be ripped right off. Hair removal should be done at least 24 hours before your tan.
- Exfoliating. This is a no-brainer. You will scrub off your gorgeous brown-ness. Don't scrub your skin with your towel after showering either. Pat dry instead. The gentler you are with your skin, the longer your tan will last.

#### DO'S –

- Have a quick 30 second rinse under the shower, no soap, in either 2 or 6 hours (depending on the tan you selected). This will remove the bronzer from the tan only. It DOES NOT remove the tan itself so don't ring me in a panic telling me your tan has washed down the drain! Take a chill pill. Your tan will continue to develop over the next 12 hours, even though you have washed the bronzer off. After your shower, you might feel like your tan is not dark enough – that is because it has not finished developing yet. Be patient. If after 12 hours, you still think your tan is not dark enough, choose a darker tan next time.
- Moisturize every day after showering. Keeping your skin hydrated will help prevent dry skin sloughing off your tan, or better still, use a gradual tanning moisturizer beginning on day 3. This will help extend the life of your tan.
- Remember to wear sunscreen! (wait until after you've rinsed off your tan).

You should expect to have glowing skin for about 7 days. If you follow the above advice, it might last even longer! Before your next spray tan, I advise you to thoroughly exfoliate your skin 12-24 hours prior with a mitt. This will help your tan to stick to fresher layers of skin, instead of old, dry skin that will flake away sooner, causing your tan to disappear quicker.