



## Preparation

24-48 Hours before your appointment:

1. Avoid bar soaps and moisturizing spa-type scrubs as some may leave residue which interferes with the development of tanning solutions. In the shower, shave legs, underarms, etc first then exfoliate the skin *afterwards* with a body scrub, or a luffa.
2. Do not apply deodorants, lotions, or perfumes after you shower.

## Day of your Appointment

1. Wear dark, loose clothing to your session. Tight or restrictive clothing will damage your developing tan. Flip-Flops or Sandals are ideal.
2. An old swim suit or undergarments are suitable for your session. The tanning solution contains color that may transfer to clothing. Washing or dry-cleaning will remove the color in most cases.

## Maintenance

1. Avoid sweating vigorously. (Use AC in your car when leaving)
2. Avoid ALL water for 4-6 hours.
3. Avoid any chemically treated pools and spas for at least 24 hours.
4. If you shower within 16 hours of your session, do not use soap or body wash, just let the water run over you. Dab dry with a towel.
5. MOISTURIZE! Apply your daily moisturizer twice a day.

(It is best to use a product that does not contain ingredients such as mineral oil or petrolatum. This is the key to even fading and tan longevity)

**While we have pre-tan products for use immediately before your session that can help the tanning solution adhere and develop properly, there is no substitute for your personal preparation. The DHA solution will continue to develop over the next 24 hours and usually lasts up to 10 days depending on hydration and exfoliation, and individual body chemistry.**