



## PREPARATION

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- Shower, shave, and exfoliate the day prior
  - Exfoliating removes dead skin cells so UV light can penetrate and activate melanin production
- Keep your skin hydrated
  - Dry skin decreases your tan potential by 50%
  - Applying moisturizer that is non-oil-based after showers and as needed
  - Drinking plenty of water before and after you tan
- Check your prescriptions for photosensitivity warnings
- Avoid wearing perfume, makeup, essential oils or deodorant as it creates a barrier between the UV rays and your skin

## DURING SESSION



**INVEST** - SPF lotion, intensifiers, bronzers, anti-aging and skin firming ingredients and for the brave, tingle ingredients

**REMOVE** - makeup, jewelry, watches, hair ties on wrists

**MINDFUL** - sensitive areas that aren't usually exposed to sunlight

**USE** - prep lotion, such as an intensifier, before applying bronzer to extend tan, balance and correct color, boost the bronzer development and nourish the skin with essential nutrients

**APPLY** - facial tanning product to your face, tanning lotion in a circular motion to cover your body, tattoo protectants and leg bronzers on last

**PROTECT** - eyes with goggles, lips with SPF lip balm

**BUILD** - base tan without burning; melanin production decreases if you burn

## AFTER CARE



- Wait to shower for 4+ hours
- Let your investments do the work as your bronzer needs time to oxidize and develop the full color
- Avoid shaving or waxing after each tanning session so you don't remove the top layer of your skin that you just tanned
- Let your skin rest
- Follow a 24-hour tanning policy that aligns with FDA recommendations to give your color a chance to fully develop and to care for your skin
- Apply a tan extender daily to lengthen the life of your tan by keeping your skin hydrated and moisturized
- Maintain your gorgeous glow by tanning 1-3 times per week

# UV TANNING TIPS