

## **BEFORE TANNING**

- Wax 3 days before the tanning or shave the night before; Wax residue will block tanner absorption.
- Take a shower and exfoliate using a body brush or quality scrub. Removing any dead cells and body oils will help the sunless tanner penetrate your skin and give you the best results.
- Do not use deodorant (it will turn green!!!!), makeup, perfume or moisturizers prior to the tanning. Lotions can act as a barrier and prevent the solution from contacting your skin
- You may tan in the garment of your choice. Bathing suits and underwear work well and men are required to wear underwear, boxer shorts or a bathing suit.
- Wear loose-fitting dark-colored clothing and flip-flops because some of the bronzer can rub off on your clothing and shoes can cause your feet to perspire affecting the results.
- To avoid age spots, freckles, moles, etc. from getting darker, apply a cosmetic concealer over the spots or areas to block the solution and give an even color.

## **IMMEDIATELY AFTER TANNING**

- Do not wash your hands for at least 4 hours.
- Do not put on tight clothing for at least 4 hours.
- Do not exercise first day. Perspiring immediately after tanning alters the chemical reaction of the solution changing its color.
- Do not swim or immerse in water.
- Do not apply moisturizer.

## **MAINTAIN AND PROLONG YOUR TAN**

- Wait at least 8 hours before showering. **Recommend waiting until the next day.** You may see color washing off the first time you shower, this is normal.
- Apply moisturizer after the shower and every day after your tanning session. This will help prolong your tan. Do not take long hot baths or showers.
- Chlorine from a pool or Jacuzzi can cause your tan to fade faster.
- **M.D. Bronze Self Tanner & Instant Bronzer** helps maintain the color between visits. Our staff will be happy to help you with products.