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**Aftercare for Fake Bake Spray Tan**

**After Your Tan**

* Try and leave your tan on 5 – 7 hours after the treatment or overnight if possible before washing so

 the tan has time to set.

* Avoid wearing socks or shoes 5 – 7 hours after the tan as sweat will not let the tan set.
* Avoid perfume products, moisturisers or deodorant for 5 – 7 hours.
* Avoid tight clothing.
* Avoid touching or sitting on light coloured fabrics as the tan may discolour.
* Avoid swimming as chlorine will strip the tan.
* Avoid heat treatments or exercise for at least 5 hours.

**To Prolong Your Tan**

* Moisturise regularly (use oil-free brands).
* Avoid long hot baths and showers as this speeds up exfoliation.
* Pat your skin dry after a bath or shower.

Any concerns at all please call us on 01522 394618