

Fake Bake Tanning Preparation

For best results, please follow the below procedure's prior to your tanning treatment.

- ∞ Shave or wax at least 24 hours prior to your tanning treatment.
- ∞ Exfoliate 24 hours before your tanning treatment paying attention to your hands, elbows, knees, ankles and feet.
- ∞ Do not use any other self tanning products 1 week before the treatment.
- ∞ DO NOT apply body oils or lotions on the day of your Fake Bake treatment.
- ∞ DO NOT apply deodorant or perfume and remove all make-up prior to your tanning treatment.
- ∞ Wear loose, dark clothing, sandals or flip flops for after the treatment.

Please Note:

- ∞ Spray Tanning is not suitable for people with respiratory problems or within the first 3 months of pregnancy.
- ∞ Anyone under the age of 16 must have their parent's written consent prior to the tan.
- ∞ Any medical conditions must be disclosed prior to tanning as consent may be required from your GP.
- ∞ Conditions that prevent tanning treatments are:
 - Psoriasis
 - Dermatitis
 - Hypersensitive Skin
 - Severe Eczema

Fake Bake Tanning After Care

For best results, please follow the below procedure's after your tanning treatment.

Immediately after your tan:

Your tan will take 6-8 hours to fully develop its full colour strength. Therefore please follow these guidelines:

- ∞ Wear loose, dark clothing and avoid wearing tight fitting garments as this may rub away some of the tan.
- ∞ Keep skin completely dry, avoid water contact.
- ∞ Do not apply any products over the developing tan.
- ∞ Avoid other beauty/hair treatments whilst tan is developing.

- ∞ Avoid activities that make you perspire.
- ∞ Traces of tanning solution can be transferred onto clothing and bed sheets; however, this can be easily removed in the wash.

After your tan has developed:

- ∞ Rinse off the remaining colour guide with warm/hot water. You will notice the guide colour in the water washing away – not your tan. Once the water runs clear you can gently wash yourself with a mild soap and then pat yourself dry rather than rubbing yourself dry.
- ∞ Avoid products that contain alpha hydroxy acids (AHA's) as they can strip colour.
- ∞ Avoid swimming pools as chlorine will prematurely fade your tan.

Tanning Maintenance Tips

- ∞ Moisturise daily with an 'oil free' moisturiser. We recommend using Fake Bake Smoothie Oil or Fake Bake Oil Free Moisturiser. These help to lock in colour and hydrate your skin.
- ∞ Your tan should last from 5-7 days, depending on your skin type, skin colour and the extent of your normal bathing routines.
- ∞ 5-7 days after your tan we recommend you gently exfoliate your skin. Repeat this every 2 days thereafter to ensure your tan fades evenly and to prepare your skin for your next Fake Bake tan application.

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