

# Personalized Spray Tans

USING HIGH QUALITY ORGANIC SJOLIE PRODUCTS



MEDICAL AESTHETICS

HINGHAM | EASTON | MILTON

## PRE TAN INSTRUCTIONS

- Shower shave and exfoliate 12 hours prior to appointment
- No heavy body wash prior to tan such as dove (I recommend a gentle scrub)
- Lotion up to 12 hours before the appointment, no lotion the day of the appointment
- If you plan to have a manicure or pedicure, have it done before the appointment
- Do not wear makeup to appointment (makeup remover available upon request)
- Wear loose dark/long clothing to appointments (No bras, leggings, biker shorts etc.)
- Disposable hair nets/undergarments available upon request

## POST TAN INSTRUCTIONS

### FOR ORIGINAL TANNING SOLUTION:

- Wait at least 8 hours to rinse off your tan, you can sleep in it if you desire!

### FOR RAPID TANNING SOLUTION:

- Wait at least 2 hours to rinse off for a light tan, if you wish for a darker tan wait 4-5 hours to rinse off tan.
- Avoid getting wet/sweating.
- Wear loose dark clothing while your tan is developing.
- First rinse should be warm water only, no heavy body washes until after the first rinse.
- The tan you see go down the drain with your first rinse is bronzer, this is normal!
- Lotion 2x daily.
- Shave only as necessary.
- Chlorine, hot tubs, hot showers will strip your tan faster. Limit these as much as possible!
- Do not exfoliate until you are ready to say goodbye to your tan.
- Most importantly, enjoy your tan!

Did I say  
lotion?!