

St Tropez Tanning Advice

Follow our golden rules for a natural, healthy looking tan, with a flawless finish that lasts for days.

PREPARATION

- We recommend you have a patch test 24 hours prior to your St Tropez tanning treatment.
- It is preferable not to apply any type of perfume, deodorant or aromatherapy oils on the day of tanning as these may impact the results.
- Waxing or shaving should be completed at least 24 hours prior to tanning, to reduce sensitivity. For laser hair removal please seek advice from your practitioner.
- Wear dark, loose fitting clothes so as not to disturb the tan when getting dressed.
- For spray tanning, the evening before or morning of your treatment, exfoliate your entire body using St Tropez Enhancing Body Polish. Pay special attention to dry areas of your body such as hands, elbows, knees and feet.

THE TREATMENTS

- Spray Tan Application - Approx. 15 mins. After selecting the appropriate St Tropez Bronzing Mist, available in New Luxe oil, Express and Dark, you will receive a Professional full body Spray Tan application.
- Lotion Application - Approx. 1 hour. You will receive a full body exfoliation, plus moisturisation of the relevant areas and a Professional application of St Tropez Classic Bronzing Lotion.

AFTERCARE

- Your tan will begin to develop immediately.
- The Bronzing Mist & Lotion will dry on your skin in just a few minutes so you can dress shortly after either treatment.
- Do not shower, bathe or exercise for a minimum of 4 hours after your treatment. The ideal development time is 8 hours. You may leave the guide colour on overnight and wash in the morning.
- If you choose our Express Mist, shower off as follows to control your depth of tan:
 - 1 hour - light sun kissed glow.
 - 2 hours - medium tan.
 - 3 hours - deep, dark bronze.
- Some minimal guide colour may transfer to fabric. This will wash out of cotton, but not so easily from man-made fibres or wool.

TAN MAINTENANCE TIPS

- Prolong your tan for up to 3 days by applying St Tropez Tan Enhancing Body Moisturiser daily to hydrate your skin.
- Exfoliate your skin with St Tropez Enhancing Body Polish every 3 days to ensure your tan fades evenly.
- Do not rub, but pat your skin dry after showering or bathing.
- Avoid swimming pools as chlorine can cause your tan to fade faster.

WARNING: Ensure there is plenty of ventilation in the tanning area during treatment and should you feel any discomfort, get some fresh air. St Tropez products do not contain a sunscreen and do not protect against sunburn. Repeated exposure of unprotected skin while tanning may increase the risk of skin ageing, skin cancer and other harmful effects to the skin, even if you do not usually burn.