



## Heaven & Earth Salon Bronze Biologic Tanning Recommendations

Please call with any questions, 610.828.0211

### WHAT TO DO BEFORE YOU TAN

We recommend that you do not tan after 8pm because the tan can stain your hands while sleeping. If a tan is done after 8pm or late at night, please wear cloth gloves while you are sleeping that night.

#### STEP 1 (*The day before your tan*)

Shave all areas that you normally shave. **DO NOT** shave the day of the tan to prevent minor spotting.

**Exfoliate** with a washcloth or one of our recommended skin products (this is not mandatory but will help).

#### STEP 2 (*The same day you receive your tan*)

**DO NOT** use any body lotion, body cream, make up or perfume the day you will be tanning.

**DO NOT** shave the day of the tan to prevent minor spotting.

**DO NOT wax any areas** of your body including your face the day the day of your tan.

**DO NOT** put on any under arm deodorant (powders or lotions).

**Wear dark, loose fitting clothing** (NO tight fitting clothing, socks, or tight fitting shoe apparel).

Cotton clothing is optimal (tanning bronzer stains will wash out of most cotton clothing).

Please bring a bathing suite or underwear or other suitable tanning attire.

### WHAT TO DO AFTER YOU TAN

Once your tan is applied, **allow it to dry completely** (we will ensure that your application is dry).

**We recommend that you wear dark, loose fitting clothing** after your appointment. Any minor rub-off will easily wash out of most fabrics.

**Do not wet your skin** for at least 6 to 8 hours after the tanning session. **No shower or bath for at least 6 to 8 hours** (it is best to wait until the next morning). Your tan will last longer if you **DO NOT** bath or shower the same day of your tan.

We also recommend that you **do not exercise or perspire excessively** until the next day after your tan.

**Avoid** touching or rubbing any tanned areas.

All tanning colors will wash out of clothing and bedding.

When you do shower or bath **DO NOT** scrub your body with a wash cloth (Use hand and soap only).

When showering or bathing do not be concerned if some of the initial bronzer washes off. This is part of the spray on tanning process, and your skin will continue to tan.

**DO NOT** exfoliate the skin for 7 days after tanning.

Daily use of our recommended Body Lotion (Tan Extender) is recommended to extend the results.

Your tan will naturally fade over a period of days (each tan should last about 7 to 10 days).

Bronze Biologic spray tan does **NOT** contain sunscreen and will not protect you from the sun's UV rays.