



## Sunless Tanning After-Care

You want your beautiful new tan to last as long as possible, and following these steps will help to make your tan last 7-10 days:

### MOISTURIZE

A solid moisturizing routine will not only make your tan last, but will maintain the youth and health of your skin. Morning and evening is best. We recommend **Sjolie Tan Extender Lotion**. It is also important for your skin to stay hydrated inside and out. Drink plenty of water – at least half your body weight in ounces of water daily.

### TAN EXTEND LOTION

A tan extender lotion should be used every 2-3 days. It is recommended to wait at least 1 full day after the spray tan to begin use. Tan extender lotions contain DHA, so you don't want to apply too much DHA to the skin in a short period of time. Apply the tan extender lotion in an even application. We recommend **Sjolie Bronze Fusion Gel** or **Sjolie Instant Self-Bronzer Spray**. Be sure to wash the palms of your hands thoroughly after applying to avoid "orange" palms.

### SOFT SHOWERS

Wait at least 4 hours after your sunless spray tan to shower, to allow the DHA to act. Then thoroughly rinse until the water runs clear, and all the bronzer is rinsed off. Think of babying your skin during and after a shower. Avoid abrasive products which will scrub your tan away unevenly, leaving a patchy appearance. Also avoid products containing mineral oil, which is detrimental to a sunless spray tan. We recommend **Sjolie Eco Body Wash**. Pat dry after shower, rather than "scrubbing" your skin dry.

### SWEAT

Avoid sweating up to 24 hours after your spray tan, but then have at it! A healthy body is a body that is regularly tested physically. However, it should be noted that the more you sweat, the shorter your spray tan will last. But not to worry, if you're on the unlimited training/tanning plan, you can come in as many times as you need to, to maintain a beautiful tan!

### SWIMMING

Swimming is awesome exercise, which we also would NEVER recommend you avoid after the first day of your spray tan. That said, chlorine will affect wear and fade of your spray tan. Hot tubs cause your skin to warm and exfoliate at a faster rate, which will also fade your spray tan. The ocean also acts as an exfoliator. Avoid swimming up to 24 hours after your spray tan.