

# La Fleur Spa

LaFleurSpa.com  
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## **The night before tanning treatment:**

**Shower and exfoliate**

**Shave where desired**

**Do not apply any lotion or oils**

**Apply polish or clear coat to nails for protection against discoloration.**

## **The morning before:**

**Remove makeup /face serums.**

**Do not apply any lotions.**

**Wear loose clothing to the tanning session.**

**Wear dark colored underclothing or bathing suit for tanning (wash out after treatment)**

**Do not wear jewelry that could cause uneven tanning.**

## **The tanning process:**

**A full body application will take around 15-20 minutes.**

**Allow an additional 10 minutes drying time.**

**Wear loose clothing for 10 to 12 hours after tan has been applied.**

**While the tan is developing, avoid wearing tight fitting clothing, rubbing the face or other parts of the body.**

**Avoid exercising and excessive perspiring.**

**Do not shower, swim, or get wet for at least 12 hours.**

**Salt and chlorine have adverse effects on DHA.**

**Do not sit on light colored or leather furniture the day of the tanning application.**

**Do not be alarmed if you experience color washing off. This is residual tanning solution and is expected to occur.**

## **Frequently asked questions:**

**Q. Is this safe for my skin?**

**A. DHA {dihydroxyacetone}, has been approved by the the FDA for cosmetic applications. It has been used for over 30 years without any harmful effects.**

**Q. How long does the tan last?**

**A. The length of the tan is determined by the skin type. Dry skin and rubbing on the skin will shorten the life of the tan. Be sure to MOISTURIZE!! As you lose skin layers you will lose your tan; the more abrasive you are to your skin, the sooner you will lose your tan.**

**NOTE: Spray tan solution contains DHA (dihydroxyacetone)**

**If you are pregnant, consult your physician prior to spray tanning.**