

Pre-Appointment Instructions

How to optimize your sunless tanning experience:

We provide a hair cover & disposable undergarment if you prefer not to tan in the nude. You may wear as little as you like or a full swim suit. All tanning technicians are fully trained to operate in a discreet manner & fully respect client confidentiality.

24 hours before tanning - Exfoliate your entire body.

Pay particular attention to rough skin areas like knees, ankles, heels & the tops of your feet as dry areas tend to absorb tanning solution faster, which can result in an uneven or blotchy tan.

- Shave or wax at least 12 hours prior
- A shower is recommended with a natural, non-moisturizing soap.

The day of your tan

- Avoid using a moisturizer prior to your session. Cosmetics should be removed or refrained from use. This includes make-up, perfume, cologne, lotions, & deodorants.
- Clothing: Please arrive in dark, loose-fitting clothing & flip-flops. Some minor rub off can occur after your spray tan. If there is a chance of rain, please bring an umbrella.

The Sunless Tan Application

Your sunless tan will be professionally applied in a private room. A barrier cream may be used to ensure your palms and other typically untanned areas do not accidentally become sprayed. The process takes, on average, 10 minutes. You will immediately notice a completely natural looking tan that will continue to develop over the next 5 to 10 hours.

Sensitive Skin: If you have highly sensitive skin, or are concerned that you may have a reaction to the tanning solution, we recommend a consultation, 48 to 72 hours prior to your scheduled appointment, where a small localized test spray will be applied, prior to your service.

Note: Like a real tan, the sunless tanning solutions DO NOT contain any sunscreen & will not protect your skin from UV rays.

After Care

Once your tan is applied, let it dry completely, & it will continue to develop over the next few hours. Expect your sunless tan to last for up to 5 to 7 days depending upon your skin type and providing you follow the instructions below.

Your technician will ensure that your application is dry before you leave.

For the best possible results, you should avoid the following for up to 8 hours after the initial application:

- Water (This includes hand washing, showering, swimming or elements such as rain/snow)
- Physical Exercise/Sweating
- Tight Fitting Clothing

Showering:

Showering the following morning is the best option. When showering, do not be concerned if some of the initial bronzer washes off, this is part of the tanning process and your skin will continue to tan.

When showering we recommend that you use a gentle body wash. Do not use traditional bar soaps for they can be abrasive, which in turn reduces the lifespan of your tan.

During the week following your sunless tan application, avoid:

- Long baths
- Hot Jacuzzi's
- Extended swimming sessions
- Any product that is designed to exfoliate your skin
- Extending the life of your tan
- **YDS recommends Moisturizing Daily. This will keep your skin hydrated & extend the life of your sunless tan.**

We have a variety of South Seas and Yon-Ka products that we can recommend to extend the life of your tan.