



# TANNING PREP

*Guide*

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# PREP *week*

SUNDAY

STOP WEARING ALL WATCHES/FITBITS

MONDAY

LAST DAY TO WAX BROWS + TINT BROWS

TUESDAY

MOISTURISE

WEDNESDAY

SHAVE + EXFOLIATE + MOISTURISE

THURSDAY

TANNING DAY

FRIDAY

MOISTURISE WELL

SATURDAY

EVENT DAY

*Life's better with a tan*

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# TAN

## *notes*

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- AVOID WEARING WATCHES & FITBITS A WEEK PRIOR TO TAN DATE AS IT CAN CAUSE AN UNEVEN TAN ON THE WRIST AREA
- GET PEDICURE DONE IN THE DAYS PRIOR TO THE TAN AS THEY SOAK YOUR FEET & EXFOLIATE YOUR LEGS AND THIS WILL REMOVE THE TAN
- AVOID TINTING YOUR BROWS 48HRS BEFORE OR AFTER A SPRAY TAN AS THE DYE CAN REACT WITH THE TAN AND TURN A GREEN-TINGE
- TAN 2 DAYS BEFORE YOUR SPECIAL EVENT
- GENTLY EXFOLIATE, SHAVE + MOISTURISE THE DAY BEFORE THE TAN
- NO PUERFUME, DEODORANT OR CREAMS BEFORE YOUR TAN APPOINTMENT

# TAN

## *notes*

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- ENSURE THE SPRAY TANNER GIVES YOU A HAIR NET, STICKY FEET + MOISTURISERS YOUR HANDS, ELBOWS, UNDER ARMS, KNEES, ANKLES AND FEET IMMEDIATELY PRIOR TAN APPLICATION
- AVOID WEARING BRA STRAPS AFTER THE TAN AND IN THE LEAD UP TO THE EVENT DAY
- ENSURE YOU HAVE LOOSE, BLACK CLOTHING TO CHANGE INTO AFTER YOUR TAN
- MOISTURISE WELL THE DAY AFTER YOUR TAN. THE MORE YOUR SKIN IS HYDRATED, THE LONGER YOUR TAN WILL LAST
- ASK YOUR SPRAY TANNER THE RECOMMENDED TIME TO LEAVE ON, AND AFTER CARE INSTRUCTIONS FOR THAT SPECIFIC TAN (IE. WHEN TO WASH OFF, WHEN YOU CAN USE SOAP ETC).
- USE A GRADUAL TANNER AFTER EVENT DAY TO 'TOP UP' THE TAN AND MAKE THE TAN LAST LONGER - WASH HANDS WELL AFTER EACH APPLICATION





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