**Gemini Nails and Tan**

**Spray Tan Before and Aftercare Advice**

*What is Spray Tanning?*

Spray Tanning involves applying an active ingredient, DHA, to the Skin using a specialist spray tanning machine. DHA (Dihydroxyacetone) is an ingredient derived from sugar cane, which reacts with the amino acid groups to form a polymer, Melanoidin. Erythrulose in combination with DHA may produce a deep uniform and natural looking tan without undesired orange Tones. During your spray tan you will be sprayed with a solution containing the above ingredients and also a colour guide. The Bronzer in our solution will start to activate approximately 2 hours after application. Full results will develop over the next 10 hours. The colour guide will then wash off in the shower leaving you with a natural tan. I will happily advise how long to wait until showering.

*What are the benefits of sunless tanning?*

Therapists and clients love our solutions because they can have the look of just walking off the beach without the damaging effects of the sun. Not only that, they won’t get the orange tinge and unsightly streaks commonly associated with other sunless tanners. Our Products are fragranced with lemon grass so not only do they smell gorgeous but with added Aloe Vera will leave your skin feeling great too!

*Is Spray tanning safe?*

YES completely you can still have a great tanned look but without exposing your Skin to the sun’s harmful rays.

DHA has been approved for use within the beauty industry for over 30 years. No adverse reactions have been reported other than minor skin irritations on people with sensitive skin. There is no risk of sunburn or sun related diseases with sunless tanning!

*How long will my sunless tan last?*

Depending on your daily skincare regime and lifestyle anywhere between 7-10 days. Your sunless tan will fade just as a tan from the sun does. For best results MOISTURISE, MOISTURISE, MOISTURISE!

*Before your Tan*

For best results remove dead skin by using an exfoliating body wash, at least 8 hours before your treatment. This will give you a longer lasting tan, all shaving and waxing should be done a minimum of 8 hours before. No make-up, perfume, moisturiser or deodorant should be applied to your skin before your treatment as this will act as a barrier against the solution.

*Do i have to be naked?*

No that is entirely your choice, if you would prefer not to be naked we would suggest you wear old, dark underwear or a swimsuit or Bikini that you don’t mind staining. For men, boxers or swim trunks /shorts would be suitable.

I have disposable underwear available at an additional cost of 1 euro.

*How dark will I get?*

There are different strengths of DHA. Once you have told me how dark you would like to go I will then be able to advise what strength solution to use.

The darker your skin tans naturally, the darker you tan with a spray tan.

Many clients like to have a natural year round tan. However if you would like to have a deep long lasting time i recommend a second spraying within 48 hours of the first.

*What should i wear after my treatment?*

Loose fitting dark clothing is most suitable and I would suggest you bring some Flip-flops to wear home as enclosed shoes can make your feet perspire which can affect the results of your tan.

Any colour that may rub off on your clothes can usually be removed on a normal wash cycle.

*What about streaking and turning orange?*

Spray tan technology, quality solutions, equipment and training has vitually eliminated those problems, so there is no need to worry.

I am qualified and experienced in producing non streaky tans and i will ensure that the right solution is chosen for your colouring.

*Who should not get spray tanned?*

Spray tanning is not recommended for:

* Women in their first Trimester of pregnancy
* Anyone allergic to self tan
* People with breathing difficulties

If in any doubt please speak to me before your treatment.

***Before and After Checklist***

*Before*

* The night before your tan, Exfoliate paying particular attention to dry areas such as knees and elbows.
* Wax/Shave at least 8 hours prior to treatment to allow pores to close. Dotting in pores may appear if not adhered to.
* Paint nails and toenails, especially if they are uncoated acrylics or similar. Even a base coat will suffice.
* Do not moisturise or use lotions on the day of your tan.
* Remove all make up, perfume, deodorant etc.., before your tan.

*After*

* Bring dark loose clothing for after your treatment.
* Bring or wear Flip Flops .
* Do not bathe or shower for a minimum of 8 hours after the application.
* Do not exercise or swim for at least 8 hours after the application.
* Be careful not to touch your skin during the development time after your tan i will show you that your hands are clear of tanning solution. Any marks therefore are due to your hand touching the developing tan. Please be aware that once your tan has developed you will be unable to remove it from your palms. Wearing loose socks over your hands at night will help prevent this.
* After showering or bathing air or pat dry.
* For best results MOISTURISE, MOISTURISE, MOISTURISE, to maximise the life of your tan.
* Approximately 5 days after your tan Exfoliate daily to help your skin to absorb even more moisture. Then continue to moisturise morning and night.
* Log exposure to water and sweating ill fade your tan. Your skin can start to soak up water which dilutes the effect of your tan.