

# Le Beau Day Spa

SKIN AND BODY MANAGEMENT

## Top 10 Spray Tanning Tips For Perth Women

- 1 Plan ahead** - which day do you want to look the most gorgeous? Book your spray tan for the day or two before this
- 2 Always make sure your skin is exfoliated** – if you are not sure or do not want to risk doing a bad job your therapist can exfoliate you before the spray. However it is best if you exfoliate your body every couple of days in the lead up to your spray tan. Be sure to concentrate on areas such as knees, feet, elbows and ankles. For a little added luxury try Thalgo's New Exotic Island Body Scrub.
- 3 If possible have a shower just before your spray tan** – if the salon is not exfoliating you as part of the service. All moisturiser and deodorant needs to be removed.
- 4 Timing can be tricky** – if you spray in the morning you run the risk of sweating and rubbing the tan off plus you can't wear deodorant. If you tan in the afternoon, well you might not have had time to shower before you come. Our tip? Make an afternoon appointment and ask for an exfoliation to be included in your appointment.
- 5 Wear loose, dark clothing** – to your appointment and lose the bra if you can! Don't wear anything you would not want tan to possibly end up on. Remember to take thongs – slipping strappy sandals straight back on will only cause patchiness on your feet.
- 6 Don't be shy** – we have seen it all, from drag queens to grandmas, in the nude. The less you wear the better the results. If you feel more comfortable wearing your underwear, go ahead (black) or our disposables g-strings are available.
- 7 Keep it quiet** – there is no point paying for a professional treatment if you are only going to head straight to the gym or out on the town for hours. You will only sweat and your colour will either come off or become patchy, especially around the thighs, under the breasts and under arm area.
- 8 Wait at least 8 hours before showering** – and please remember that it is normal for some colour to come off when you first shower. Try and keep the water temperature cool to warm and don't scrub your skin. Instead, gently wash your body (without a loofah) and when drying gently pat your skin – don't rub it with the towel.
- 9 Keep your body moisturised over the next 7 days** – you can't stop the natural cycle of shedding skin cells but you can keep your skin hydrated so that patchiness is reduced as your tan fades.
- 10 If you want to continue looking great** – book your tan every 7 days. This is the best way to responsibly tan throughout summer with no sun damage. However this can be a problem when on holiday. We suggest taking St Tropez Mousse with you and top up after your shower at night – and you will wake in the morning looking fresh and good to go.

Click here to Book Your Spray Tan Appointment Online

<http://blog.day-spa-perth.com.au/request-appointment>

Or Call today on 08 9331 1122