



Spray Tanning General Support Information

Typical Costs

NEW Sienna X or (Sunless) Air-brush Tanning (Face to Full Body)	Range from £10.00 to £25.00	
Full Body Tanning Application plus Salt Body Scrub		Special Offer £35.00
Environ Tantasia Tanning Cream Application From		£20.00
Environ " Tantasia " Self Tanning Cream (recognised as one of the best)		
	£24.00 per tube	
Top Up Airbrush Full Body Tanning		£20.00

Helping Yourself

For professional tanning applications and to get a gorgeous Spray Tan there are a few things you can do to help our Therapist to achieve a beautiful even glow and for you to keep your colour for longer.

Before your Tan

- **Shave** (if you must, and no accidental cuts, please) at least **24 hours** before your treatment or **48 hours if waxing**, which is preferred. This time allows pores to close properly and stop tell-tale dotting that can appear after your tan application. Sorry Gentlemen, it is better without the hairy chest and back.
- Once hair free, we use a Polishing Body Scrub to gently buff away dry skin. Removing dead skin cells and revealing radiant new skin will make your tan last longer. It is suggested you take advantage of our Salt Scrub offer for a longer lasting Tan (Holidays, Weddings, Special Dances, etc.)
- We recommend a light application of a Moisturising Balm to your skin the night before your Tan; this will replace any moisture lost from removing hair and exfoliation and keep your skin super smooth. Remember to pay particular attention to stubborn dry areas such as hands, elbows, knees and ankles.

- We suggest you Paint your nails and toenails (especially if artificial) to prevent any discolouration from the tanning product.
- On the day of your Tan application, shower to rinse off any products, oils, moisturisers and make-up and avoid using deodorant or perfume until after your tan.
- Please come along with some spare loose clothes, which you don't mind being slightly coloured. The Spray will wash out.

After your Tan

If you've chosen a Professional Tan (and we do sell Do-it-yourself products by Jane Iredale Cosmetics) then surely you want it to last as long as possible!

Our simple steps will ensure that you get the best results from your professional Spray tan.

- Plan ahead before your appointment by wearing loose, dark clothing and flip-flops or loose fitting shoes. Tight clothes and underwear can leave marks and ruin your tan.
- Do not exercise or swim during the development time.
- If you're not showering until the morning then wear loose gloves or socks in bed to prevent hands accidentally touching your body during your sleep and leaving hand marks on your beautiful tan.
- Do not shower or bathe for the development period (at least 8 hours) after your tan.
- Use a light body wash, which is mild and gentle and won't strip your colour and is, for example, kind enough to use on your face.
- Pat dry after showering.
- Any Spray tan can begin to fade over time as the skin's natural cells begin to flake off and regenerate. Moisturising daily using products from our Environ, Jane Iredale, and/or Sienna X Radiance Body Balm will not only help to counteract this but the luxurious golden flecks and will also help extend your golden glow.
- Speak to Adelia for advice on which products will extend best the life of your tan and keep your gorgeous glow

Bridal tans

Every bride wants to look and feel beautiful on her wedding day, and having a radiant glow before you've even left for your honeymoon, will ensure you feel fabulous from the moment you wake up on your big day.

Whether you want to be a deep bronzed bride or a naturally tanned Newlywed, getting the right shade for your skin tone is just as important as having your dress fitting or hair and make-up trial. We are pleased to assist you in recommending and helping you find the perfect tan for your special day by recommending the right solution for your skin tone, the type of application for you, choosing a Spray or Manual tan and then trialling it two or three times before the big day.

Want a flawless, even tan?

To make your Spray Tan Technician's job easier, get into the habit of following our simple before and after steps and have your Spray Tan routine down to a tee in time for your wedding day.

Once you're happy with your chosen shade, make a note of which day you liked your Tan best. For example, if you like the colour best on day two and you're getting married on Saturday then book your tan for the Thursday before your wedding.

Is your Groom feeling left out of all the pampering? Try tempting him with a little tanning; you'd be surprised how many men are now opting for a healthy holiday glow for those all-important wedding photos. Surely he won't want to feel left behind on your honeymoon when you're showing off your bronzed bikini body?

Men, yes you Take Note!

Men, there's no shame in wanting to look your best, with celebs such as ex-footballer Robbie Savage and McFly's Harry Judd confessing their love for the 'man tan' during their stint on Strictly Come Dancing, it's no wonder that **male tanning** is becoming more and more popular. Whether you want a healthy holiday glow or a more defined physique, a 10 minute spray tan can enhance your skin, boost your confidence and make you feel and look great.

Having an expertly applied spray tan is simple and fast way to achieving muscle definition across the chest and abs. Our Spray Tan Technicians can add a deeper colour to certain sections of the body to create shaded areas during the treatment – this can help to make existing muscles look prominent or even create muscle tone across those parts of the body that are a little out of shape.

Fancy a fitter body in less time than it takes to hit the Gym? Make your way to Amber Health & Beauty, but before you book your appointment, check out our quick guide to the 'Man Tan.'

- To prepare, we advise that you exfoliate and moisturise the night before your appointment to achieve the best results from your spray tan.

- As with all spray tanning applications we recommend that you don't use any deodorant or aftershave on the day of your tan.
- For men who need to shave daily we advise you to do so a few hours before your Spray Tan to avoid patchy skin from shaving afterwards. Other bodily hair can stay put, unless you think a waxing would really be a help, and won't interfere with your tan, so feel free to come has hairy or fuzz free as you'd like! We recommend waxing first, but there is the Man Pain factor, to consider.
- Once your Spray Tan is applied ensure you bring some loose, dark clothing to change into afterwards and avoid the gym for at least 24 hours.
- Your tan will take around eight hours to develop. You will then need to wash the darker guide colour off to reveal your true shade, which will last up to one week, and even longer when you use our recommended tan extending products.

Contact Amber Health & Beauty for an appointment, or see the Amber Price List for current information.