

# After-Care Instructions...

## Showering

- Wait 8 hours before showering
- Use only your hand and warm water when you take your first shower
- Always pat dry, do not rub when drying off

## Caring for Your Tan

- Moisturize at least once a day with a Tan Extending Lotion that's alcohol free
- Use alcohol free sunscreen, spray tans do not protect you from the sun
- Drink plenty of water.
- Use a gentle nonacidic body wash when showering
- Avoid shaving, but if necessary, use a new sharp razor without a moisture strip
- Avoid chlorine & salt water exposure
- Avoid excessive activity that would cause sweating
- Avoid long, hot showers & hot tubs