

# At Home Preparation...

## 18 – 24 Hours Before

- Moisturize your skin with a hydrating body lotion or moisturizer (oil free)
- Drink plenty of fluids, well hydrated skin tans more evenly
- All beauty treatments (hair, nails, facials, massages & waxing) should be complete
- Shave & exfoliate using oil free products

## The Day Of

- Remove makeup with alcohol & oil free product
- Remove deodorant
- Bring or wear dark, loose-fitting garments & flip flops
- Avoid contact with sweat & water until your designated shower time
- **DO NOT** apply lotion or perfume, use conditioner on your hair or shower prior to your session