

How to get the Perfect Sunless Tan

You can easily have a natural looking tan anytime of the year while nourishing your skin and without any harmful UV rays. Spray Tanning offers a safe alternative to the dangers of UV exposure from the sun and tanning booths. Technology in Spray Tans has advanced rapidly, and many have become organic, safer and more natural in colour. A good spray tan won't leave you looking artificial or orange and will also nourish your skin, and some even have anti ageing ingredients.

Good quality Spray Tan solutions contain DHA (Dihydroxyacetone) and Erythrulose, which are plant based sugars. They create a reaction with the amino acids and proteins in the skin's epidermis to cause a reaction that produces the colour (it is not a stain). A natural looking tan will develop enhancing the melanin of each individual's skin tone. The tan will fade as the body naturally exfoliates and sheds its dead skin cells. How long the tan lasts depends on how well you prepare your skin before the treatment, how well you look after it afterwards, the quality of the tanning product and the skill of the operator. The tan itself takes about 10 minutes and will keep developing for up to 24hrs. It needs some time to develop before you are able to shower. Developing time depends on the solution used, but is anywhere from 2-8hrs. At Acuveda we use Naked Tan that is wash and wear after 2hrs and also Liquid Tan and Natural Tan that take around 6hrs.

Tips for the Perfect Sunless Tan

- Shave or wax at least 8hrs before your spray tan
- Avoid moisturiser, anti perspirant and perfumes as they block the tan.
- Exfoliate gently the night before and the morning of your tan.
- Do not use an oil based exfoliant. Use a gentle pre-tan exfoliant recommended by your salon or an exfoliating mitt.
- Pay extra attention to your knees and elbows when exfoliating as dry skin soaks up more product and will appear patchy and dark.
- Don't eat oily food the night before as it will affect the tan if it seeps from your pores the next day.
- Check your medications, some may affect the pH of your skin and your tan results.
- Avoid long baths or showers that will make your tan fade quicker.
- Use a recommended body wash as most soaps will exfoliate your tan away.
- Avoid baby oil and moisturisers with exfoliants in them
- Moisturise as much as possible.
- Avoid chlorinated pools
- Use lemon juice, nappy san or baby oil to remove excess tanning solution.

Finally, it is important to remember that Spray Tanning does not protect you from the sun's UV rays and you should always apply sunscreen before heading outdoors.