



Wear dark, loose fitting clothing. Long loose pants and a baggy Tshirt are perfect.



No skin to skin touching to avoid bronzer transfer. Stay dry until its time to shower.



Take a shower at the time discussed with your spray tan technician.



Use an oil-free moisturiser, preferably a paraben-free & fragrance-free one or the **Gio Pro Tan Extender** daily.



Be aware that saunas, pools and spas can cause your tan to fade. Use baby powder underarms to prevent sweating during a workout.



Don't exfoliate until you are ready to remove your spray tan.

