

HANDS ON NAILS & BEAUTY

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California Tan by Hands On Nails & Beauty brings you the perfect way to achieve a natural healthy bronzed look. It's no secret that all around the world, tanners are switching off their sun beds, throwing out their self tanning creams, avoiding the harsh sun and converting to the new and unique concept of airbrush tanning. You will be amazed by the fantastic results so come in and give it a try. A seamless all over body tan in just 15 minutes.

Why book in for a Spray Tan?

- Beautiful even colour
- No premature ageing
- No UV skin damage

Spray Tanning is available in, medium or dark shades.

How spray tan works - The specially made airbrush atomises the tanning spray into a cooling vapour onto the skin ensuring an even application. One of the active ingredients in California Tan, Dihydroxyacetone (DHA), causes a chemical reaction with the amino acids on the outermost top layer of skin to produce a bronzed tan - much like the sun does but without UVA and UVB damage to the skin. With absolutely no sun exposure at all, the tan usually lasts between 4 - 14 days. The way the tan fades and the length of time it lasts is dependent on how each person naturally loses his or her skin and their daily activities (such as swimming). Regular moisturising is essential to prolong the duration of the tan, especially during hotter months or in dry climates.

Prior to and on the day of your tan - In the morning of your tanning appointment (or the night before) you should exfoliate your entire body. Exfoliation will remove dead skin that would otherwise flake off and helps to promote even coverage and lengthen the duration of your tan. When you exfoliate, pay particular attention to the lower half of your legs, knees, ankles, top of feet, toes, elbows and knuckles. You may use an exfoliating lotion, face cloth, scrubbing mitt or loofah. Use a pumice stone on feet if necessary.

Shaving or waxing - It is best to shave or wax at least 12 hours **before** your tanning appointment. I am unable to offer any waxing treatments on the same day of your tan. Waxing during the life of your tan will remove it - therefore I recommend that you do not wax for at least 7 days after the application.

Cremes and lotions - Do not apply moisturisers, perfumes or use any roll-on deodorants until after your post-tanning shower (see below), lotions can act as a barrier and prevent the "tan" from contacting with the skin. The same applies to your face and the wearing of make-up.

What to wear - Wear loose fitting clothing, preferably a sundress or tracksuit, along with sandals or flip flops to your tanning appointment. Plan to spend about 30 minutes at the salon. The actual tanning takes about 15 minutes but you will need to allow about 5 minutes for drying time. Wear a dark coloured costume or garment of your preference. The Tanning solution washes out of most clothing very easily, but tends to stain wool, silk and light nylon materials.

Following the application - California Tan have eliminated most problems associated with self-tanners, however, a few stubborn challenges remain. Immediately following your tanning application, for at least 5 hours, you should:

- Not wash your hands or wear tight clothing.
- Not exercise. Perspiring immediately after tanning alters the chemical reaction of the sun spray.
- Not swim or immerse yourself in water.
- Not apply moisturiser.
- Not wear shoes or socks after your tanning session if your feet sweat. The sweat can turn your feet yellow or orange - sandals are a good choice.

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Due to the reaction of the active ingredients with the amino acids of the skin, some clients, based on their particular body chemistry, will notice a "starch" smell on their skin shortly after their tanning application. This will disappear with the post-tan shower.

Post-Tan Shower - Wait at least 7 hours after your tanning application before showering or bathing. You need to allow enough time for the reaction to take place - the longer the better. Do not be alarmed if you see colour washing off the first time you shower as this is just the surface colour application. Your skin will continue to tan as the self-tan reaction works on your skin. Moisturise after every wash to keep it smooth, soft and glowing.

Maintenance of your Tan - Apply moisturiser, morning and evening, after your post-tan shower. A well hydrated skin is essential in maintaining a longer life to your tan. Using lightweight self tanners such as Johnsons Holiday Skin or Dove can help prolong the life of the tan a few days after application.

Note: Lotions containing Alpha Hydroxyl Acids are used to increase exfoliation, therefore their use will accelerate the fading process of your tan.

Side effects - There are no known harmful side effects reported from the use of the California Spray Tan, and it is a safe alternative to the harmful effects of tanning in the sun or on a sun bed. A very small percentage of people are allergic to DHA and may break out in red spots. If you have reacted badly to sunless tanning lotions before, please advise us prior to your tanning session,. It is a good idea that you have a trial run 4-6 weeks before any important occasion, in the rare case of allergies or unexpected results.

IMPORTANT – Please remember that a spray tan, although giving the appearance of a tan does not provide any sun protection so always use a sunscreen with a good SPF when outdoors to protect your skin from burning.