



Get the best out of your Tan!

Tan Preparation

Exfoliate; thoroughly exfoliate your entire body the day before, we recommend using the [*Naked Tan Goddess Body Exfoliator](#) or [*Naked Tan Goddess Body Cleanser](#) with an [*Exfoliating mitt](#) the Naked Tan products will not leave a residue like most other soaps or body washes.

Wax/Shave; any hair removal should be done at least 24 hrs prior to your tan so your tan goes on smooth and even.

No Moisturiser; anything you put on your skin will be a barrier to the tan So for best results, No Moisturiser, deodorant or perfume to be worn on the day.

Make up; for best results we recommend no makeup, we can provide facial wipes if needed.

Attire; Wear dark loose fitting clothing and shoes. Tight clothing can rub on your new tan and cause it to be uneven, and light coloured clothing might end up a bit grubby but Naked Tan won't stain your clothes.

After Care:

2 hours; you can shower after just 2 hours, we suggest anything between 2 and 5 hours. Be careful not to get wet during this time.

Shower; your bronzer will wash off in your initial shower, don't be alarmed, your tan will continue to deepen and darken over the next 12 to 24 hours. Don't scrub or exfoliate after your tan. Use [*Naked Tan Goddess Body Cleanser](#) with a soft cloth to give you an even, longer lasting tan, it won't strip the tan from your skin.

Moisturise; [*Naked Tan's Goddess Gradual Tan](#) is a moisturiser which has a little bit of tan in it, so using it once a day will help deepen the colour of your tan and prolong the length of time it stays on.

Maintain; try to avoid long hot baths and showers as these will speed up exfoliation. [*Naked Tan's Goddess Bronzing Mouse](#) used with the [*Tan on mitt](#) is great to extend the life of your tan or to add a bit of colour to any areas. Look after your tan and enjoy your natural glow for the next 7-10 days!

[*Naked Tan Products available for purchase at Refresh Day Spa](#)