

BEFORE AND AFTER CHECKLIST

BEFORE YOUR TAN

Exfoliate and moisturize 24 hours before your treatment, paying particular attention to elbows, knees, ankles and problem dry areas.

Paint nails and toenails, especially if artificial.

Wax/shave at least 48 hours prior to treatment. This allows the pores time to close. Dotting in pores may appear if not adhered to.

The entire 24 hours before your treatment avoid using bar soaps, high pH shower products or in shower moisturizers.

Please don't apply moisturizer, perfume, deodorant or makeup on the day of your treatment.

AFTER YOUR TAN

Wear dark loose clothing. Tight clothing or underwear may cause marks.

Wear flip-flops or loose fitting shoes.

Shower lightly for 45 seconds in lukewarm water ONLY after the first hour for a light to medium tan.

Use plain water and don't use shower gels, scrubs, shampoos or loofahs during the first 24 hours after your treatment.

Pat dry after your first shower.

Avoid sweating and don't exercise or swim for the first 24 hours after your spray tan treatment.

Try not to touch your skin during development time. After your tan, your therapist will show you that your hands are clear of tanning solution.

Any marks on your hands, therefore, are due to your hands touching the developing tan. You need to be aware that once this has developed, nothing will remove it from your palms. Hint: Wear loose socks over your hands in bed if you decide to sleep in your tan before your first shower.

Moisturize, moisturize and moisturize some more. Morning and night.

Use MineTan Everyday Glow Gradual Tanner so your tan is continually being topped up and its life extended. Remember to wash your palms after.

After day 5, exfoliate daily with a soft body polish to help your skin absorb even more moisturizer and keep it looking and feeling gorgeous.

Long exposure to water and sweating from exercise will fade your spray tan. Your outer cells will start to soak up water which dilutes the effect of the tan. The longer you are in water the lighter your tan will get.

YOUR LOCAL SPRAY TECHNICIAN

YOUR NEXT APPOINTMENT

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NOTES



YOUR
SPRAY TAN
EXPERIENCE

mine[®]
TAN.BODY.SKIN

CONGRATULATIONS ON CHOOSING A MINETAN. MINE IS THE LEADING SPRAY TAN BRAND, PROVIDING EQUIPMENT AND SOLUTION TO BEAUTICIANS, THERAPISTS AND SALONS WORLDWIDE.

A MINE spray tan experience is a combination, a blend between one's natural skin color and the color generated by the DHA. Therefore, each and every clients tan will be different, creating your own natural color results.

We operate with stringent quality control and you can be assured that in addition to using the leading products in the market, your MINE therapist has access to top training, equipment and qualification in spray tanning.

Your therapist can answer any questions you have, before, during or after your treatment. Here are some of the more common questions that are asked about spray tanning.

WHAT IS SPRAY TANNING? HOW DOES IT WORK?

Spray tanning involves applying an active ingredient, dihydroxyacetone (DHA), to your skin using a specialist low pressure spraying machine. DHA is a colorless sugar. It interacts with the proteins and amino acids in the outer layer of your skin to produce a golden brown color.

Most spray tans contain an instant cosmetic bronzer that gives you a color guide and instant color when you are first sprayed. These instant cosmetic bronzers will wash away after your first shower and have no impact on the end result of your tan. It's not the amount of cosmetic bronzers that make the individual solutions darker from one another, it's the amount of DHA in the solution that creates varying results.

The spray tan will contain various amounts of DHA depending on the solution you choose. The DHA starts to activate immediately, 60% of this process is complete after the first hour yet the actual tan will continue to develop over the next 24 hours. All the cosmetic instant bronzers will wash off when showering. Your therapist will tell you how long to wait until you can bathe or shower depending on your skin color and how dark you want your tan. The longer you leave it on, will result in a deeper darker tan.

WHAT MAKES MINE PRODUCTS SO GREAT?

Therapists and specialists have tested and used MINE products over the past 10 years. Our tanning solutions are fragrance free and make you feel like you are actually soaking up the sun rays, drinking a pool side cocktail. As well as active salon quality DHA, MINE's retail products are enriched with skin loving ingredients to actively moisturize and nourish your skin.

IS IT SAFE?

YES. It is MUCH safer than exposing your skin to the sun's rays, and you still get that great tanned look. DHA has been approved by the FDA for use in the personal care industry for over 30 years. No adverse effects have been reported other than minor skin irritations on allergic people, which are extremely rare. If you have experienced allergic reactions to self-tanning or other beauty products please arrange a skin patch test first with your therapist. We do recommend however, to be sprayed in a well-ventilated area, or an area that includes a clean air/extraction unit.

HOW LONG DOES MY SPRAY TAN LAST?

Your spray tan will last approximately 5-10 days depending on your daily skin care regime and lifestyle. A spray tan fades just like a tan from the sun. As your skin sheds dead cells, your tan will fade. So the key is to moisturize with MINE Tan Extender moisturizer daily, this perfect gradual tan DHA-rich moisturizer will help maximize the life of your tan.

CAN YOU USE TANNING BEDS OR TAN OUTDOORS WITH A SPRAY TAN?

YES. You can do both if you choose, but you need to remember that a spray tan, whilst it looks gorgeous, does not give you any protection from the sun's ultraviolet light.

Hint: Lots of people have a MINE spray tan before their beach holiday, so they can start off looking tanned and fabulous from day one!

HOW DO I PREPARE FOR MY TANNING SESSION?

To get the best results from your MINE spray tan, you need to remove your dead skin cells by exfoliating 24 hours prior to your treatment. This means the DHA solution can get straight to work on new skin cells, and give you a longer lasting tan. Make-up and deodorant can also effect development and should be removed before tanning. Do not use moisturizers 24 hours prior to your treatment as they act as a barrier to the spray tan solution too and can cause uneven, streaky effects.

HOW IS A SPRAY TAN BY A THERAPIST DIFFERENT TO A MISTING BOOTH?

Everywhere you look, there are promises of a smooth flawless professional tan, but only one treatment can truly deliver: the spray tan by a therapist. Why?

Misting booths mean you have to contort your body within the booth to cover each area. One wrong twist by you can spell a double spraying (extra color) or no spray (no color). Using a technician that guides you through the process allows for custom control each and every time.

Spray tanning with a quality product and done by a trained therapist, gives you a precise tan, applied smoothly and equally. Special care can be given to problem areas such as knees, elbows, hair and blemishes, giving you a tan that is natural and streak free.

DO I HAVE TO GET NAKED?

NO. It's entirely up to you. If you don't want to get naked, we suggest you wear old dark underwear or a swimming suit/bikini that you don't mind staining. For men, boxers, swim trunks or shorts. Many therapists keep a range of disposable underwear available for you to use.

HOW DARK WILL I GET?

There are different strengths of DHA and your therapist will advise you of the best one for your skin tone, bearing in mind how dark you want to go. The darker you tan naturally, the darker you will tan with a spray tan. We recommend leaving your spray tan on for 1 - 4 hours before you lightly shower.

WHAT SHOULD I WEAR AFTER MY TREATMENT?

Wear loose fitting, dark colored clothing and flip-flops/thongs as some of the bronzer can rub off on your clothing. Shoes can cause your feet to perspire, affecting the final results. Natural fibres like 100% cotton T-shirts are the best. Any

color that does rub off on your clothes can usually be washed out during a normal wash cycle. Bear in mind that any materials have the potential to stain.

WHAT ABOUT STREAKING AND/OR TURNING ORANGE?

Spray tanning has come a long way since the early days, better solutions, machines, training and spray tan technology virtually eliminates these issues.

Your trained MINE therapist is experienced in producing streak free tans and will ensure that the right solution is chosen for your coloring. We have a selection of beautiful MINE colors to choose from for a natural sun-kissed look and long-lasting results.

WHO SHOULD NOT GET A SPRAY TAN?

Anyone who is allergic to self-tan or who has breathing difficulties. If in doubt or if you have further questions, please speak to your therapist or consult your doctor before your appointment. Although considered mostly safe in a well-ventilated area and wearing a face mask or nose plugs, it is recommended that women who are pregnant should always consult their doctor if they want a spray tan.

WHAT WILL HAPPEN DURING MY TREATMENT?

On your very first tanning session, your therapist will ask you a number of questions and then fill in a consultation card for you. Then your therapist will give you a few minutes to get undressed (or change into your underwear if you choose) and remove jewellery.

Next a blending cream will be applied to your hands and tops of your feet and any dry areas to prevent them from tanning too much. The full treatment will take around 10 minutes. For your spraying, you will be invited to stand in a tanning cubicle, to ensure the spray goes on your skin, not into the air.

Hint: To avoid issues it is important to pre-treat the skin with a Primer, a pH balance spray prior to the spray tan treatment to neutralise your skin. Lowering the skins pH balance results in deeper darker DHA result and combats the dreaded orange look.

Your MINE therapist is experienced and qualified, and will explain what is happening at each stage. During your treatment you will see a dark chocolate color on your skin. This a colour guide consisting of instant cosmetic bronzers for your therapist to see whilst spraying. The tanning actives begin to work immediately after application. It will develop over the next few hours into a gorgeous spray tan. These instant bronzers are only temporary and will wash off during your initial shower. This is not necessarily the color you will be after the full developing time of 24 hours.

Your first shower should be a lukewarm water rinse only. Do not use soap or hot water during your first shower.

After your first QUICK rinse, you should know that the tanning actives continue to work within the skin and deepen in time replacing the cosmetic bronzers as they washed away during the first shower. Please note that everyone's skin is very different and the personal pH balance of your skin will affect the end color results.

If you are concerned about the difference in color that you see during your session, apply a tanning sticker or a piece of clothing (eg. Disposable underwear) that will leave a tan line after the treatment. This gives you the ability to visually see the results once sprayed. It is not uncommon for you to feel disappointed after the first shower as you see the cosmetic bronzer wash away, however if you have used a tanning sticker or are left with a tan line from a piece of clothing, you have an amazing point of reference to your original skin tone.