

# For your perfect sienna X tan ...

## What is spray tanning? Why does it work?

Dihydroxyacetone (DHA) is a colourless sugar and the active ingredient in the guide coloured solution that will be sprayed onto your skin. Applied using a specialist low pressure spraying machine, the DHA in the solution interacts with the proteins and amino acids in the outer layer of your skin to produce a golden brown colour. The colour you see at the time of your treatment, is purely a guide colour for your therapist to see that your skin is evenly covered. In eight hours time your actual tan will have developed and will be revealed after you shower.

## Is it safe?

Yes, very safe. A sienna X sunless tan can give the same results as spending 10-14 days in the sun, but without the harmful effects of the sun's rays. DHA has been approved by the FDA for use in the personal care industry for over 30 years and no adverse affects have been reported other than minor skin irritations. Allergic reactions are extremely rare however if you have experienced allergic reactions to self-tanning or other beauty products please arrange a skin patch test first with your therapist.

## What will happen before, during and after my treatment?

- On your first tanning treatment, your therapist will ask you a number of questions and a consultation card will be completed.
- You will then undress to your chosen dark underwear and remove jewellery.
- Barrier cream will be applied to your hands, elbows, knees, feet and other dry areas to reduce tan absorption.
- Simply follow your therapist's instructions, spraying will take around 10 minutes.
- The guide colour you see will be showered off after your development time of 8 hours to reveal your natural looking sienna X tan.

## How dark will I get?

Sienna X has a range of solutions and your therapist will help you bespoke your ideal tan. Your tan results will depend on how well you tan naturally. The darker you tan in the sun, the darker you tan with sienna X. Many people like to bespoke their tan, so it's lighter in the winter months, darker in the summer. A double exposure treatment (i.e. if you have a second tanning treatment within 48 hours of your first appointment) will help you go darker with superior results.

## How long will my sienna X sunless tan last?

Your tan will last approximately 5 to 7 days depending on your daily skincare regime, lifestyle and if you have exfoliated well prior to your tan. A sunless tan fades just like a tan from the sun – so as your skin sheds dead cells, your tan will fade, so it is really important to moisturise daily with sienna X Radiance Body Balm. Using our unique sienna X Gradual Glowing Self Tan after day three will also prolong and top up your tan.

## Will I still need to use sun protection with a sienna X tan?

Yes...we recommend you use a sunscreen with an SPF of 20 or more.

## Consult your therapist if you ...

- are in your first trimester of pregnancy
- have had an allergic reaction to tanning or any other skin care products
- are asthmatic or if you have breathing difficulties.

Any further questions, please speak to your therapist before your appointment.

## Before your spray tan

- Exfoliate regularly especially the night before your tan with sienna X polishing body scrub. Pay particular attention to knees, elbows and any other dry areas.
- Paint nails and toenails, especially if you have acrylics on or similar.
- We advise you wax/shave or have eyelash/eyebrow tinting 24/48 hours prior to treatment.
- DO NOT moisturise or use deodorant and perfume before your tan as they can act as a barrier.
- Wear/bring loose dark clothing and flip flops or loose fitting shoes. Tight clothing will cause the tan to rub off during the developing stage.
- We do advise a skin patch test especially if you have sensitive skin.
- It is advisable to remove contact lenses before the tan, to avoid contamination.
- Remove all jewellery.

## After your spray tan

- Leave the tan on at least 8-10 hours, then shower until your guide colour runs clear and gently pat dry.
- Avoid excessive exercise, perspiring or getting wet during your development time, sip drinks or use a straw.
- Long baths or going swimming will fade your developed tan quicker
- Remember that your sunless tan does not have any SPF; you will need to use sun protection.
- Moisturise daily with Radiance Body Balm to enhance your tan and prolong your colour.
- Hands and face may fade sooner, simply top up with sienna X Express Tanning Mist.
- Exfoliate after 4 – 5 days with Polishing Body Scrub, to encourage even fading.

