



### **Tips for Keeping a Flawless Tan:**

- Avoid long, hot showers or baths.
- Any products containing mineral oil, benzoyl peroxide, salicylic acid, alpha hydroxy acids, beta hydroxy acids, malic or lactic acids, parabens and sulfates (see approved list of products below)
- Avoid lotions with a high alcohol content such as CeraVe.
- Avoid prolonged soaking in water as it dries skin and may fade your spray tan.
- Do not exfoliate your skin until the tan has faded (or just before your next spray tan).
- NO BABY OIL EVER - this will remove the tan.
- Do not use acne products, or acne spot treatments, as they will cause unsightly white spots.
- Scented Lotions - i.e Victoria Secret and Bath and Body Works are to be avoided.
- Avoid any facial scrubs, masks, strips or microdermabrasion treatments.
- Stay clear of harsh soaps, exfoliators, loofahs or rags on the body during showering.
- Waxing, depilatory hair removers, hair inhibiting lotions or dull razors should be avoided.
- Though infrequent, a spray tan may develop differently during various hormonal cycles (menstruation, heightened stress) or by taking some prescriptions that affect hormonal balance.

## Products/Brands to Avoid After a Spray Tan:

**Dove:** Dove soap and lotion can cause streaking and fading, but it'll most likely turn you orange! Dove changes the pH level of your skin throws off the whole spray tanning process!

**Irish Spring:** Not only will this dry out your skin, but it'll even cause or worsen acne, irritate sensitive skin and it contains mineral oils which will pull your spray tan right off.

**Oil of Olay:** This soap can not only sensitize your skin to allergies, but it can cause serious skin irritation. Oil of Olay is a big no no for your spray tan.

**Aveeno:** This product contains alcohol which will dry out your skin and fade your spray tan dramatically.

## Ingredients to Avoid in Your Post-Care Products:

### Mineral Oil:

You must avoid any products that contain **MINERAL OIL** such as Aveeno or Lubriderm among countless others. Mineral oil is a common ingredient in baby lotions, cold creams, ointments, and cosmetics.

### Paraffins:

Paraffins are a derivable from petroleum (mineral oil), are obtained from residues of the mineral oil production. They are cheap to create and are a substance found in many body lotions and moisturizer creams.

- Paraffin can be easily identified on the list of ingredients as:
  - Paraffinum Liquidum
  - Petrolatum
  - Ceresine
  - Paraffin Wax
  - Paraffin Oil or
  - Mineral Oil

### Parabens/Sulfates (SLS):

These harsh chemicals can smudge, strip, or streak a tan... all of which are huge no-no's! If you're looking to increase the life of your tan, we HIGHLY recommend seeking alternative beauty products post-spray tan!

## Choose only pH balanced soaps for your spray tan:

Some examples:

- Eucerin PH5 Cleaning Bar
- Cetaphil Cleaning Bar for dry, sensitive skin
- Burt's Bees Buttermilk soap

- SheaMoisture Soaps
- MIG Living Cleansing Soaps
- Dr. Bonner's Pure Castile Bars

### **Approved Mineral Oil FREE Body Lotions:**

In this list, are products without PEGs, silicones, phthalates and parabens. These brands offer chemical free body and face lotions. They mainly use plant-based substances, essential oils and natural minerals.

- Acure Firming Body Lotion
- Alba Botanica Very Emollient
- Alaffia
- Amara Organics Vitamin C Face & Body Lotion
- Aubrey Organics Unscented Body Lotion
- Avalon Organics Hand & Body Lotion
- Barbary Natural Body Lotion for Men
- Burt's Bees Fragrance Free Shea Butter and Vitamin E Body Lotion
- Desert Essence Organics Hand & Body Lotion
- Dr. Bronner's & All-One Organic Lotion for Hands & Body
- Ecco Bella Original Organic Water-Free Herbal Body Lotion
- Eminence Coconut Firming Body Lotion
- EO Everyone Lotion, Coconut plus Lemon
- Fundamental Skin Lotion – for Hand & Body – Unscented Natural Skin Lotion
- Good For You Girls All Natural Body Lotion
- HEMPZ Lotions
- JASON Cocoa Butter Hand & Body Lotion
- Kiss My Face Sensitive Skin Natural Moisturizer
- L'Occitane Shea Butter Ultra Rich Body Lotion
- Lavera Body Lotions
- Logona Body Lotions
- MIG Living Soaps & Body Lotion Bars
- Nature's Gate Moisturizing Body Lotion
- Nourish Organic Body Lotion
- Nubian Heritage Lotion
- Organic Fiji Nourishing Face & Body Lotion
- Puracy Organic Hand & Body Lotion
- Real Purity Hand & Body Lotion
- The Honest Company Face & Body Lotion
- Tom's of Maine Body Lotions
- Weleda Body lotions
- Yum'e Boddie Cleanse