



# Hornsby Beauty

FOR BOOKINGS CALL: 02 8924 5197



## 5 tips for a perfect tan

Remember these five golden tanning rules and you can't go wrong getting that subtle sun-kissed glow this winter.

### 1. DON'T FORGET TO EXFOLIATE

Spray tans require a nice even canvas. Before your tan, exfoliate your whole body to get rid of dead skin cells, as this will give you a nice even base. Focus on those rougher areas of skin such as your knees or elbows so that these don't become blotchy.

### 2. MOISTURISE, MOISTURISE, MOISTURISE!

Winter leaves your skin feeling extra dry, which makes moisturising more important. Moisturising daily won't just prevent your tan from fading unevenly and developing streaks, but also helps to prolong it.

### 3. SUBTLETY IS KEY

Adjust your summer colour to a few shades lighter in the winter months as this will give you a more natural look. Tans are a lot more noticeable in winter so go for a colour that suits your natural tone and one that will give an understated glow, rather than a full on bronzed look.

### 4. GET COMFY

Wear dark loose, comfortable clothing to and from appointment as anything too tight can smudge the tan. Professional tans tend to dry quickly and colour can rub off onto clothes so don't wear your best outfit to your treatment!

### 5. NO HOT SHOWERS

We know it's turning colder outside, but don't have your shower too hot when you're rinsing off your spray tan as it can strip your skin and remove too much colour. Take a lukewarm one instead to gently rinse the tan off and don't forget to pat yourself dry as opposed to rubbing when you get out of the shower.