



## MYSTIC TAN

### Your First Tanning Session

#### **BEFORE YOUR SESSION:**

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- ★ The night before your Mystic Tan session, be sure to exfoliate your skin in the bath or shower by massaging an exfoliant gel onto the skin with a washcloth or sponge. Concentrate on rough areas such as elbows, knees and ankles, then rinse clean. This removal of dead skin cells will give you a fresh, even surface to tan, which will increase the life and evenness of your Mystic Tan.
- ★ For best results on the day of your Mystic Tan session avoid all oil-based lotions and creams.

#### **DURING YOUR SESSION:**

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During your session, you will be shown to a private room containing a changing area and the Mystic Tan booth, where one of our certified experts will walk you through the entire process. The following information provides you with an idea of what to expect.

##### *In the change area:*

- ★ Although some people choose to wear swimsuits or undergarments, this is not recommended due to possible discolouration from the bronzing solution. To ensure optimal full body coverage it is best to remove all articles of clothing.
- ★ Remove all jewellery to eliminate unwanted tan lines.
- ★ A protective cap is provided to keep your hair clean. Place this cap on your head, leaving your ears and hairline exposed. The tanning solution will not harm or discolour your hair in any way, and some people may choose not to use the protective cap. If you have long hair, you may wish to bring an elastic to secure your hair in place.
- ★ A small personal nose filter is provided as an alternative to holding your breath during spraying, which you can insert at this time.
- ★ Protective footwear is provided to prevent discolouration of your toenails and unwanted colour on the bottoms of your feet.
- ★ Cover your hands completely with a thin layer of the provided barrier cream (stopping at the wrist). Apply a second layer to the tops and bottoms of your fingernails, as well as around your cuticles. This will protect your hands from unnatural looking colour.

##### *In the Mystic Tan booth:*

- ★ Press the green start button. The button will flash for 5 seconds before spraying begins (you'll find this is plenty of time to get into position).
- ★ Step back onto the oval positioning plate and take the Mystic Tan stance (place feet shoulder width apart, let arms fall naturally to your sides and then raise elbows slightly to create a small gap under your arms, spread fingers apart).
- ★ The initial spray will last for 14 seconds.
- ★ When spraying stops, turn to face the back wall of the booth and move your hands slightly in front of your body with palms facing toward you. Spraying will start again in 10 seconds (again, lots of time!).
- ★ Once spraying stops, exit the booth to the change area.

##### *Back in the change area:*

- ★ Use the paper towel provided to wipe the barrier cream from your hands.
- ★ Use paper towel to remove the protective cap and footwear so you don't get unwanted bronzing solution on the palms of your hands.
- ★ Remove the nose filter.

- ★ Take the bath towel provided and wipe the excess bronzing solution from your entire body, starting at the bottom of your legs and working upwards.
- ★ Make a final inspection in the mirror to ensure all excess bronzing solution has been removed.
- ★ You may now get dressed and enjoy your gorgeous new glow!

#### **AFTER YOUR SESSION:**

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- ★ To ensure optimal results from your Mystic Tan, wait a minimum of 4 to 6 hours before bathing, swimming or engaging in any activity that may cause you to sweat.
- ★ Avoid using lotion directly after your Mystic Tan session. Once you've showered, continue to hydrate your skin by using a moisturizing lotion. Applying lotion in between your Mystic Tan sessions will increase the life and lustre of your tan.
- ★ Avoid exfoliating until you're ready for another Mystic Tan treatment.

#### **QUESTIONS?**

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*Visit the FAQ section of our website for additional information and helpful tips:*

- ★ [www.hollywoodtanlondon.com/extras/faqs.html](http://www.hollywoodtanlondon.com/extras/faqs.html)

*Contact our friendly and knowledgeable staff at Hollywood Tan and we'll be happy to assist:*

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