



In home  
spray tanning with  
Nicole Fae

# Prep for your tan

## What to wear:

WHATEVER YOU FEEL COMFORTABLE WEARING! I HAVE SEEN JUST ABOUT EVERYTHING WITH MY 12 YEARS OF EXPERIENCE. CONSIDER SOME OF THE OUTFITS AND SWIMWEAR THAT YOU MAY WEAR AND WHAT TAN LINES YOU WILL GET WEARING ANYTHING DURING YOUR APPT.

## How to prepare:

- SHOWER – SHAVE – EXFOLIATE
- REMOVE DEODORANT TO AVOID DISCOLORATION.
- NAILS AND WAXING SHOULD BE DONE BEFORE YOUR SPRAY TAN.

## What to wear after:

LOOSE AND DARK CLOTHING THAT YOU DON'T MIND A LITTLE BRONZER RUBBING OFF ONTO.

## Aftercare:

AFTER YOU RINSE, USE LOTION\* DAILY TO KEEP YOUR SKIN HYDRATED AND YOUR TAN FROM FADING WITH THE DRY SKIN CELLS.

USE SUNSCREEN WHEN YOU ARE IN THE SUN & APPLY SEVERAL TIMES A DAY.

\*PRODUCTS SHOULD NOT CONTAIN MINERAL OIL

DO NOT USE BAR SOAP .

*Recommended skincare here*



# Preping your home

*Where to set up:*

I THINK THE BEST PLACE TO SET UP IS IN YOUR BATHROOM USING YOUR WALK-IN SHOWER OR TUB SHOWER. IF YOU DO NOT HAVE SOMETHING AVAILABLE LIKE THAT, I CAN BRING A TENT WITH A FLOOR COVERING. IN THIS CASE, IT WOULD BE BEST TO SET UP ON A TILE OR WOOD FLOOR VS A CARPETED AREA.

*How to prepare:*

IF YOU INSIST ON CLEANING YOUR BATHROOM BEFORE I ARRIVE, PLEASE BE SURE THAT THE SHOWER/TUB IS DRY BEFORE I ARRIVE SO THAT WE DON'T GET ANY DRIPS/DROPS OF WATER ON YOUR TAN.

*FAQ:*

Q: WILL THIS RUIN/STAIN YOUR TILE?

A: NOPE! THE TAN HAS TO REACT WITH THE AMINO ACIDS IN OUR SKIN TO TAN, THE BRONZER JUST RINSES RIGHT DOWN THE DRAIN WITH WATER.

Q: HOW DO I CLEAN THE BRONZER OFF MY TUB/SHOWER?

A: I WILL DO IT, WITH WATER BEFORE I LEAVE SO YOU CANNOT GET ACCIDENTALLY WET AFTER I SPRAY YOU.

*Recommended skincare here*



# Southseas Tanning Solutions

## Tahitian Tan:

8 HOUR PROCESSING TIME.

9% DHA

RINSE IN 8 OR WEAR LONGER IF NEEDED.

THERE IS NO MAX TIME WITH THIS TAN, THE TAN JUST STOPS DEVELOPING AFTER 8 HOURS.

## All Natural Tan:

SAME AS THE TAHITIAN, BUT THIS "ALL NATURAL" SOLUTION IS FREE OF PRESERVATIVES FOR DRY/SENSITIVE SKIN TYPES. MANY OF MY CLIENTS USE THIS TAN IN THE WINTER MONTHS.

## Lava Tan:

8 HOUR PROCESSING TIME.

11.5% DHA FOR A DARKER RESULT

RECOMMENDED FOR BALL ROOM DANCERS AND COMPETITIONS.

THIS IS ALSO THE BASE FOR OUR BODYBUILDING/OIREACHTAS COMPETITIONS.

## Fiji Express Tan:

2-4 HOUR PROCESSING TIME.

13% DHA FOR RAPID RESULTS.

THIS SOLUTION IS ALSO HAS AN ALL NATURAL FORMULA FOR DRY/SENSITIVE SKIN TYPES. THIS TAN CANNOT BE WORN FOR LONGER THAN 4 HOURS FOR NATURAL COLOR RESULTS. PLEASE USE THE 8 HOUR TANS WHEN YOU CANNOT RINSE IN 2-4 HRS.

*Recommended skincare here*



# Southseas Tanning Solutions

*Tahitian Tan & All Natural Tan:*

2 LAYERS = HEALTHY GLOW

3 LAYERS = TAN

*Lava Tan:*

2 LAYERS = TAN

3 LAYERS = DARK

*Fiji Express Tan:*

2 LAYERS FOR 2 HOURS = HEALTHY GLOW

2 LAYERS FOR 4 HOURS = TAN

3 LAYERS FOR 2 HOURS = TAN

3 LAYERS FOR 4 HOURS = DARK

4 LAYERS FOR 1 HOUR = TAN

4 LAYERS FOR 2/3 HOURS = DARK

TANS LAST FOR 7 TO 10 DAYS\*. THE DARKER YOUR RESULTS THE LONGER YOUR TAN LASTS.

\*RESULTS VARY.

*Recommended skincare here*



# Frequently Asked Questions

*Tahitian Tan & All Natural Tan:*

Q: WILL MY TAN FADE IN THE HOT TUB/POOL?

A: YES, THE MORE TIME YOU SPEND IN THE WATER, THE FASTER YOUR TAN WILL FADE. SAME APPLIES FOR SALT WATER.

Q: WILL I BE ORANGE?

A: I HAVE BEEN DOING THIS FOR 12 YEARS, IF I MADE PEOPLE ORANGE, I DON'T THINK PEOPLE WOULD STILL BE CALLING ME. SOUTH SEAS ACTUALLY USES DHA AND ERYTHRULOSE TO ENSURE THE YOUR RESULTS ARE NATURAL

Q: CAN I GET A SPRAY TAN IF I AM NURSING OR PREGNANT?

A: YOU SHOULD TALK TO YOUR DOCTOR TO CONFIRM, BUT MANY OF OUR MOMS ARE GIVEN THE OK TO GET A SPRAY TAN. IF YOU ARE NURSING, YOU MAY WANT TO DO THE FIJI EXPRESS BETWEEN FEEDINGS. YOU MAY ALSO WANT TO WIPE OFF THE SPRAY TAN FROM YOUR NIPPLES AFTER THE TAN IS COMPLETED TO AVOID ANY INGESTION.

Q: HOW LONG DOES THE TAN LAST?

A: TANS LAST FOR 7 TO 10 DAYS\*. THE DARKER YOUR RESULTS THE LONGER YOUR TAN LASTS.  
\*RESULTS VARY BASED ON HOW MUCH TIME YOU ARE SPENDING IN THE WATER AND IF YOU ARE USING THE RECOMMENDED PRODUCTS TO PROLONG YOUR TAN.

*Recommended skincare here*

