



SOLARIUM POST CARE

Whether you tan under the sun or in a tanning bed, you are going to be exposed to ultraviolet radiation, which is harmful to the skin. So, you need to take proper care of your skin after you tan as well as before. Here are a few things you can do after tanning to get the best and safest tan. Here are a few things you can do after tanning to get the best and safest tan.

1- Hydrate.

Drink water right after you tan (whether you've used the sun or a tanning bed). Tanning can lead to dehydration of your skin, making you feel thirsty, lightheaded and dry. So bring some bottled water along with you to the beach or tanning salon and drink up right after you are finished.

2- Moisturize.

Pack a bottle of moisturizer along with the water and use it right after tanning. This will help cool your skin and put back some of the moisture lost during the tanning. It can also improve the look of your tan.

3- Take a break.

Wherever you tan, outdoors or in, it is best to be cautious and take a few days off between tanning sessions. This will give your skin some time to rest and recover from the ultraviolet exposure. Remember that too much exposure to the sun or tanning lamp can damage skin and even increase the risk of skin cancer.

4- Use a tanning lotion (but it needs to be one used for indoor tanning only).

Tanning experts recommend exfoliating your skin before applying the lotion. Understand that you shouldn't use a regular tanning lotion but one specifically made for use tanning beds: lotions used outdoors are formulated different than those that should be used when using a tanning bed.



5- Don't shower.

Tanning experts recommend waiting several hours at least after tanning to take a shower in order to maintain the oils in the skin. Try to wait at least four hours.

6- DO NOT SHOWER WITH HOT OR WARM WATER AFTER PROCEDURE

If you have any question or unexpected concerns, please call 16010999