



*Simply Sophia's*  
MERLE NORMAN.

Welcome to the Simply Sophia's tanning experience.

#### **BEFORE TREATMENT**

- Shower and exfoliate
- Shave where desired
- Do not apply any body lotions and oils
- Do not apply any face cream or make-up
- Do not wear any jewelry
- Bring a dark-colored bathing suit or underclothing to wear during the tanning treatment (wash garments after treatment)
- Wear loose, dark-colored clothing and sandals to your tanning session

#### **AFTER TREATMENT**

- A full body application takes approximately 10 minutes
- Allow an additional 5 minutes for drying time
- Wear loose dark-colored clothing and sandals following your tanning session
- Tan will intensify and darken after 3-4 hours
- Avoid exercising and excessive perspiring
- Avoid contact with sueded, wool, nylon and silk fabrics the day of your tanning session
- avoid sitting on light colored furniture the day of your session
- Do not shower, swim or get wet for at least 8 hours after the treatment
- Do not be alarmed if you experience some color washing off in your initial shower as this is excess bronzer and is normal

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