



hannah cabana

Tanning & Teeth Whitening



Make sure you "like" us on Facebook! Stay up-to-date with all the latest news for Hannah Cabana, and be the first to hear about specials and items of interest.

We have found that the following products will lighten or make an airbrush tan spotty:

- Dove soap and Dove products
- Hair thinning lotion or removing lotion
- Anti-aging products or AHA's
- Beta Hydroxy Acids-salicylic acid
- Retin-A type products (Retin-A, Renova, Tazorac, Tretinoin)
- Toners containing alcohols or witch hazel
- Anti-acne products (Accutane, salicylic acid)
- Facial masks and scrubs
- Pore cleansing facial strips
- Wax depilatories
- Depilatory products
- Bleach products for body hair
- Hot tubs, chlorine and salt water
- Bug sprays – try to spray your clothes instead of you. If you must have it on you, spray a "cloud" to go through.

the night before your tan

Please shave or wax your legs the night before your tan.

Moisturize really well before bed.

Exfoliate THOROUGHLY as well. This will remove dead skin and provide a new, smooth surface for your tan. Exfoliating helps to promote even coverage and lengthens the duration of the tan.

DO NOT USE DOVE PRODUCTS! Dove soap and Dove lotions leave a film on your skin that directly leads to a blotchy tan.

the day of your tan

Review and Sign the Release Form (available at the studio when you sign in).

Remove make-up, moisturizer, perfume and deodorant before your application.

It is recommended that you wear dark, loose fitting clothing. Solution washes out of most clothing very easily but tends to stain nylon and Lycra materials; therefore, dark colored underwear is recommended.

A woman's tan can be directly affected by her

hormones. Considering her cycle, it can cause blotchiness or the color not to develop as dark as normally. It's not common, but it happens.

Oily skin types usually develop lighter and require an extra spray after 24-48 hours to get your base color.

aftercare

Let your tan set for at least 7-8 hours (overnight if possible) before showering or taking a bath. This allows your tan to develop.

Avoid wearing socks or shoes after your tanning session in order to allow the tan to develop properly on your feet.

Avoid applying moisturizers or deodorants.

Avoid wearing tight clothing for at least 5 hours. This includes tighter-fitting jeans, bras, spandex, tight blouses and shoes/socks.

All swimming, showering and vigorous exercise must be avoided for at least 5 hours as sweating can inhibit the development of your tan.

Do not shave for 12 hours after your treatment.

Beware wearing long boots after tanning as these can make your tan patchy on your legs.

Remember: When you take a shower or a bath you will probably see some color wash off. Don't worry. This is quite normal as it is only the color guide that the spray tan technician uses when the tan is applied. You will be left with a gorgeous tan.

maintaining the tan

It is recommended you follow these general guidelines to maintain your tan:

Moisturize regularly.

Avoid long hot baths and showers as these speed up exfoliation.

Pat your skin dry after a bath or shower. Rubbing your skin may rub off your tan.

Avoid swimming pools and seawater, as these can reduce your tan.

Try to always have a fresh new razor for shaving.



hannah cabana

Tanning & Teeth Whitening

pre-whitening guidelines

The day of your whitening brush your teeth ONLY in the morning.

Brush gently in a circular motion and avoid brushing your gums as this can cause irritation.

If necessary you may use mouth wash and CARE-FULLY floss your teeth prior to your appointment.

Eat prior to your appointment because you will be required to neither eat or drink (anything other than water) for 2 hours following whitening.

Please be prepared to avoid all dark drinks and foods for 24 hours after your whitening.

after-care guidelines

Drink water for the next two hours to decrease sensitivity.

DO NOT eat or drink anything other than water for the next two hours.

Do not smoke or chew tobacco for at least two hours.

Avoid ANY dark colored foods and drinks for 24 hours following your whitening.

NO: coffee, tea, soda, kool-aid, red wine, red meat, tomato sauce, dark-colored vegetables.

YES: water, white wine, white chicken, pork, turkey, fish, noodles, white sauce, white cheese, potatoes, etc.
AFTER 2 hours.

Next 48 Hours: brush very gently with WHITE toothpaste, (preferably non-whitening and without baking soda). DO NOT BRUSH GUMS.

Any sensitivity is usually resolved within 24 hours. You may purchase our desensitizing gel or use OTC pain relievers.

maintaining your smile

The best way to maintain a white smile is to avoid habits that stain them (coffee, red wine, tobacco) but our home maintenance kit is a good second option!

Additionally, ask about our 20 minute sessions for maintenance and ask about the best whitening regime for you!



Make sure you "like" us on Facebook! Stay up-to-date with all the latest news for Hannah Cabana, and be the first to hear about specials and items of interest.

Key Points

- Nothing other than water for 2 hours
- ALL WHITE DIET for 24 hours
- Do not brush or irritate your gums before or after your whitening