

100mm	100mm	97mm
A ST.TROPEZ SPRAY TAN IS THE QUICKEST WAY TO ACHIEVE A NATURAL LOOKING, STREAK-FREE & FLAWLESS TAN. The following step by step guide will take you through the perfect spray techniques and finishing touches for that salon quality sunless tan. Set up our all-in-one professional hand-held spray tan machine as per the instructional manual. For general spraying we recommend to hold the machine level, about 6 inches from the body and always spray down the body away from the face. Use your Pro Light in a well-ventilated area and take frequent breaks when doing multiple tans. You will need to repeat the process and apply two coats of spray tan except on the hands and feet.  PRECAUTION It is recommended when spraying to use nose filters and apply a lip balm or barrier cream to the lips. When spraying the face, hold your breath and close your eyes taking a moment to breathe between each step. SPRAY TAN TECHNIQUE The spray tan routine is to work from the front of the body first, to the back, then the sides of the body, finally spraying the hands and feet. FRONT OF BODY Stand facing forward, with arms loosely hanging beside the body but not touching and feet slightly apart. FACE / Facing forward apply 3 downward sprays to the front of the face. / With the head to one side, hold your breath and close your eyes; spray down the side of the face to the top of the shoulder and then across under the jaw and onto the neck. / Repeat spray pattern on the other side taking a breath in between and keeping your eyes closed. NECK / Facing forward look up and spray across each side of the neck. SHOULDERS / Spray the tops of each shoulder with 2-3 sprays. CHEST & ABDOMEN / Ensuring the machine is held straight, spray from the front of the shoulder, down over the chest and stomach, ending at the underwear line slightly overlapping each stroke. ARMS / Starting with the left arm, hold the wrist and ensure the palm is facing downwards. Working downwards from the shoulder spray from the outside of the upper arm down to the wrist. Avoid spraying the hands at this point.	/ Rotate your arm to repeat the spray pattern on the side of the arm. / Finally rotate to spray the inside of the arm. / Repeat on the right arm working in downward strokes only. FRONT OF LEGS / Stand facing forward with your legs slightly apart. Ensuring the spray machine is kept level, work downwards spraying from the underwear line down the leg to the ankle overlapping each stroke. Avoid spraying the feet at this point. / Repeat on the other leg. BACK OF BODY Stand facing backwards, with arms loosely hanging beside the body but not touching and feet slightly apart. BACK OF NECK / Tilt your head forwards to reach the entire neck area. Hold the spray machine at slight angle and spray from side to side overlapping each stroke ensuring product is applied to neck area only. BACK & SHOULDERS / Holding the spray machine level. Working from left to right start spraying from just above the shoulder down the back finishing over the underwear line. Overlapping each stroke working across to the back in downward strokes. BACK OF ARMS / Stand with your arms away from your torso and flex your wrists so your palms are facing downwards (this will prevent the palm being sprayed). / Spray from the back of the shoulder to the wrist work in downward strokes only. / Repeat on the other arm. BUTTOCKS & BACK OF LEGS / Stand facing backwards with your legs slightly apart, bend your knees and spray the crease of the buttocks. / Ensuring the spray machine is kept level, work from left to right spray downwards from the underwear line, down the leg to the ankle overlapping each stroke. Avoid spraying the feet at this point. / Repeat on the other leg. SIDES OF BODY / Turn and face the side and position the body with the leg furthest away so that the knee is bent and then move the front leg slightly. Lift the arm above the head with the elbow pointing back. Complete one side of the torso and legs before turning carefully to turn to face the other side to repeat.	SIDES OF TORSO / Apply approximately 4 diagonal sprays to the side of the torso covering the side of the breast. / Then 1 long spray down the side of the torso. SIDES OF LEGS / Starting with the back leg first spray down the inside of the leg. Holding the machine level spray from the top of the leg stopping as you reach the top of the ankle. / Spray the outside of the front leg from the hip to the outer ankle. Now repeat the entire process, once you have two coats of tan the feet and hands can be sprayed. FEET / Stand with your feet slightly apart and hold the machine approximately 10 inches away. Point the spray machine down slightly and lightly spray the top of each foot. / Holding the gun 15 inches away for a finer application, spray the sides of the feet. HANDS / Place palms of hands together with thumbs pointing down & apply one light spray to the thumb side of the hands. / Ensuring that they are not touching hold hands back to back and apply one spray to the outer side of each hand. / Form a hand claw, palms down as if holding a tennis ball and lightly spray each hand 3 times from left to right. / Finally straighten the fingers and lightly sprinkle the hands with the spray. FINISHING TOUCHES For the ultimate professional salon finish follow these quick finishing touches to ensure a perfect sunless tan. / Check the whole body to ensure even application of spray, blend away any spots or unevenness. / Wipe over the finger and toe nails with a cleansing wipe. / Wipe the palms of your hands and soles of your feet. / Wipe the lips to remove any self tan mist and if you have light hair wipe your eyebrows with a cotton bud. Once complete turn use the heat function to dry and seal the bronzing mist before getting dressed. After tanning your tan will start to develop, wait 4-8 hours before rinsing off the guide colour and avoid perspiration for at least 12 hours.



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DIGITAL ARTWORK

Product Title: St Tropez

Hand Held Spray Tan Machine

Technique Guide / Side 2

Date: 2nd March 2015

Printing Colours:

Black

Pantone 3135C

Pantone 485C



Version: 4 Final

Date of this version: 10th March 2015

INFO FOR REPRO/PRINTER:

DIMENSIONS: 297mm x 210mmmm

SUBSTRATE: TBC

FINISH: TBC

TYPEFACES: Avant Garde Gothic,

PROGRAM: Adobe Illustrator CS6

PLACED IMAGES: None