



How dark will I get?

Sienna X has a range of solutions and your therapist will help you customise your ideal tan. Your tan results will depend on how well you tan naturally. The darker you tan in the sun, the darker you tan with Sienna X. Many people like to have a bespoke tan, so it's lighter in the winter months, darker in the summer. A double exposure treatment (i.e. if you have a second tanning treatment within 48 hours of your first appointment) will help you go darker with superior results.

How long will my Sienna X sunless tan last?

Your tan will last approximately 5 to 7 days depending on your daily skincare regime, lifestyle and if you have exfoliated well prior to your tan. A sunless tan fades just like a tan from the sun – so as your skin sheds dead cells, your tan will fade. It is really important to moisturise daily with **Sienna X Radiance Body Balm**. Using our unique **Sienna X Gradual Glowing Self Tan** after day three will also prolong and top up your tan.

Will I still need to use sun protection with a Sienna X tan?

Yes, we recommend you use a sunscreen with a high SPF. Please visit our Sienna X Save Our Skin website www.saveourskin.org.uk for more details.

Consult your therapist if you ...

- are in your first trimester of pregnancy.
- have had an allergic reaction to tanning or any other skin care products.
- are asthmatic or if you have breathing difficulties.

Any further questions, please speak to your therapist before your appointment.

Please refer to the before and after advice on the back of this leaflet.

Look after your tan

Tips and advice to prepare and prolong your sunless tan

Before your tan:

- Exfoliate using **Sienna X Polishing Body Scrub** the night before your tan. Pay particular attention to dry areas such as knees and elbows.
- Paint nails and toenails.
- Remove any unwanted hair 48 hours prior to your treatment.
- Don't moisturise or use perfume before your tan.
- Remove contact lenses before the treatment to avoid contamination.
- Bring loose dark clothing and flip flops or loose fitting shoes. Tight clothing will cause the tan to rub off.

After your tan:

- Leave the tan to develop for 8-10 hours. Shower using **Sienna X Balance Body Wash** until the water runs clear and gently pat dry.
- Avoid excessive exercise, perspiring or getting wet during development.
- Long baths or going swimming will fade your developed tan quicker.
- Remember that sunless tan does not protect you in the sun. Use SPF to avoid burning.
- Moisturise daily with **Sienna X Radiance Body Balm** to enhance your tan and prolong your colour.
- Start to exfoliate four days after your tan using **Sienna X Polishing Body Scrub** to encourage even fading.

90% of women we asked said that having a tan made them feel **more confident**.

Available from:

All product images used in this leaflet are only representative of goods on offer. The nature of the product is such that the actual goods may not be exactly the same colour.

BE CONFIDENT BE YOU

NATURAL LOOKING. AWARD WINNING. SUNLESS TAN.



siennaX
original.professional.exceptional

www.sienna-x.co.uk

Welcome to Sienna X, the leading professional sunless tanning choice, Guild Awards of Excellence Winner 6 years in a row.

What is spray tanning? Why does it work?

Dihydroxyacetone (DHA) is a colourless sugar and the active ingredient in the guide coloured solution that will be sprayed onto your skin. Applied using a specialist low pressure spraying machine, the DHA in the solution interacts with the proteins and amino acids in the outer layer of your skin to produce a golden brown colour. The colour you see at the time of your treatment is purely a guide colour for your therapist to see that your skin is evenly covered in 8 hours. Your actual tan will have developed and will be revealed after you shower.

Is it safe?

Yes, very safe. A Sienna X sunless tan can give the same results as spending 10-14 days in the sun, but without the harmful effects of UV exposure. DHA has been approved by the FDA (Food and Drug Administration) for use in the personal care industry for over 30 years and no adverse affects have been reported other than minor skin irritations. Allergic reactions are extremely rare; however if you have experienced allergic reactions to self-tanning or other beauty products please arrange a skin patch test first with your therapist.

What will happen before, during and after my treatment?

- On your first tanning treatment, your therapist will ask you a number of questions and a consultation card will be completed.
- You will then undress to your chosen dark underwear and remove jewellery.
- Barrier cream will be applied to your hands, elbows, knees, feet and other dry areas to reduce tan absorption.
- Simply follow your therapist's instructions, spraying will take around 10 minutes.
- The guide colour you see will be showered off after your development time of up to 8 hours to reveal your natural looking Sienna X tan.

WINNER: Six years running





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How can I prolong my sunless tan?

To get the most from your gorgeous Sienna X sunless tan, we recommend following the prepare, tan and prolong method to ensure skin looks sunkissed and hydrated for longer. You can even glam up too for a night out with our wonderfully scented shimmer sprays.

PREPARE

Polishing Body Scrub £11.95

A delicious pH balanced body scrub with refreshing lemongrass and ginger that will leave your skin silky soft and perfectly prepared for your Sienna X tan.

TAN

Gradual Glowing Self Tan £15.95

Great for use with or without a tan to gradually build up a natural golden glow – anti-cellulite formula helps tone and smooth skin too.

Dark Glowing Self Tan £23.95

Seductively fragranced, streak-free tanning cream – so simple to apply with instant guide colour that develops into a gorgeous, natural looking tan in 8 hours.

Q10 Express Tanning Mist £15.95

Incredibly easy to use spray tan providing instant colour as and when you need it. Develops in 2-4 hours.

Instant Bronzing Gel £12.95

Want a gorgeous tan but run out of time? Our luxurious instant bronzing gel blends easily into a flawless tan. Moisturising and conditioning, this quick fix is perfect for an instant bronzed glow or to enhance a tan.

Q10 Bronzing Mousse £24.95

This easy to use mousse is bursting with gorgeous ingredients, from blackcurrant & babassu, to pomegranate, Vitamin E and anti-ageing Q10, that leave your skin feeling nourished and moisturised with a natural holiday glow.

Self Tan Mitt £4.50

The must have accessory for perfect tanning. The mitt comes in a handy zip-lock bag, to keep it clean and safe when not in use and you can even use it to store your self tanning products to prevent drips.

PROLONG

Balance Body Wash £11.95

Ultra-mild formulation fragranced with lemongrass and ginger, infused with gorgeous, natural ingredients to care for and help prolong your sunless tan.

Radiance Body Balm £11.95

Luxurious, glistening moisturiser for daily use – protects and beautifully enhances your tan with a luminescent sheen. Now with refreshing lemongrass and ginger fragrance.

ENHANCE

Shimmer Spray Gold/Silver £4.95

To add glamour and enhance sun-kissed skin.

Cream to Powder Bronzer & Illuminator £25.00

Define your skin with sienna X's Cream to Powder Bronzer & Illuminator, to create your perfect look.

This luscious cream to powder bronzer and illuminator duo can be used together or separately to leave your skin feeling smooth with a luminous holiday glow. The powder finish leaves a lightweight feeling and matte, flawless skin.

Illuminating Pencil Trio Gold, Silver And Bronze £12.00

These soft textured illuminating pencils can be applied to the eye area as well as the body to help sculpt, define and accentuate your gorgeous glow. These blendable, long lasting and water resistant pencils glide easily over the skin and last from daytime to evening while complementing your look ...

your therapist recommends