



Pre & Post Treatment Guidelines

SMOOTH SYNERGY® FANNY FACIAL™

Pre-Treatment Instructions:

1. Exfoliate your body before the application. This is easily accomplished by rubbing a damp soapy face towel firmly over your skin when showering. Pay attention to rough skin areas like knees, elbows, ankles and the tops of your feet.
2. Do not apply moisturizer to your skin on the morning of treatment. Bring/wear attire suitable for tanning: we suggest a bikini for women and dark shorts or a swimsuit for men. We also recommend that you bring dark, loose fitting clothing to wear after your appointment.
3. If you have recently waxed, please wait approximately 3 days before treatment.
4. Do not eat a heavy meal 2-3 hours before your treatment.

Following a few basic procedures will provide you with the best results possible. If you have any questions, please do not hesitate to ask your specialist. There are a few contraindications that are very important: pacemakers, seizures and pregnancy—if any of these conditions apply to you, you can not have the treatment. You will have a consultation with the specialist who will go over your medical history.

Post-Treatment Instructions:

1. Once your tan is applied, you must allow it to dry completely. We will ensure that your application is dry before you leave, but as a precaution, do not wet your skin for at least 5 hours after the tanning session. Showering the following morning is the best option.
2. We also recommend that you do not exercise or perspire excessively between the tanning and the showering phase. When showering don't be concerned if some of the initial bronzer washes off - this is part of the Smooth Synergy UV-Less tanning process, and your skin will continue to tan. Helpful Hint for Bathing: Without rubbing, pat your body thoroughly with a washcloth, remembering areas like behind the ears, behind the knees, the nape of the neck, and in the elbow creases.
3. Apply moisturizer twice daily after showering. This reduces the rate at which your skin exfoliates and will keep your tan looking better for longer.
4. Other considerations in maintaining your tan are to avoid long baths, hot spas and extended swimming sessions. Shorter sessions are preferable. Also avoid products designed to exfoliate your skin.
5. Avoid Eating or drinking for 1 hour after Treatment.
6. Drink Plenty of Water. This is very important to help flush out the toxins that we have stimulated in your body.

SMOOTH SYNERGY®

686 Lexington Avenue, 3N , New York, NY 10022

Telephone: 212.397.0111 Email: info@smoothsynergy.com www.smoothsynergy.com