

Q&As



How long will the Tan Last?

Your tan will last approximately 5 – 7 days depending on your daily skincare routine and lifestyle. A sunless tan fades just like a tan from the sun. As your skin sheds dead cells, your tan will fade. You must moisturise daily or try using Sienna X "Make It Moist, Make It Last" which is a DHA rich tan top up moisturiser which will help maximize the life of your tan.

How do I prepare for my Spray Tan?

To get the best results, you need to exfoliate your skin, which will remove all the dead skin cells from the surface of your skin. This means that the DHA solution can get straight to work on the new skin cells, which will give you a longer lasting tan. Make-up and deodorants can also prohibit absorption and should be removed before tanning.

Do not use moisturisers before being tanned as they can act as a barrier to the spray tanning solution.

Do I have to get naked?

No – it's entirely up to you. If you don't want to get naked, we suggest you wear old dark underwear or a swimming suit or bikini that you don't mind staining. For men, boxers or swimming shorts.

What shall I wear after my Treatment?

It's really important that you wear LOOSE, DARK, coloured clothing and FLIP-FLOPs as some of the bronzer can rub off onto your clothes and shoes and this will affect the final results – it's best to wear natural fibres such as 100% cotton, sweats and baggies are best. You will also notice that the bronzer will come off on any bedding, but this should not stain and will easily wash out.

What is Spray Tanning? How does it work?

Spray tanning involves applying an active ingredient, dihydroxyacetone, or DHA, to your skin using a specialist low spraying machine.

DHA is a colourless sugar. It interacts with the proteins and amino acids in the outer layer of your skin to produce a golden brown colour. (It's a similar process to when sliced apples go brown when exposed to air).

You will be sprayed with a lightly coloured solution of DHA, but the actual tan takes 6 – 8 hours to develop and the lightly coloured solution will wash off when showering.

What Makes Sienna X Products So Good?

The product has been tried and tested over the past four years. The products are enriched with aloe vera and other natural top quality ingredients to actively moisturise and nourish your skin - the tanning solutions also have a fantastic fragrance.

Is it safe?

Yes – it's much safer than exposing your skin to sun's rays, but you still get a great tan. Allergic reactions are extremely rare and if you have experienced allergic reactions in the past, then you should always arrange for a skin patch test first, prior to your first spray tan. Also there is no risk of sunburn, peeling, sunstroke or sun related skin diseases!

Can you Use Tanning beds or Tan outdoors with a Sienna X Spray Tan?

Yes, you can do both if you choose, but you need to remember that a spray tan, whilst it looks gorgeous, does not provide you with any protection from the sun's ultraviolet rays. Always use an SPF of 20 or above. A spray tan is perfect before a beach holiday, so you can look tanned and fabulous from day one.

How Dark will the Tan be?

There are different shades of DHA and you will be advised of the best one for your skin tone. The darker you tan naturally, the darker you will tan with a spray tan.

Who should NOT get a spray tan?

Women who are in their first trimester of pregnancy, anyone who is allergic to self-tanning products or who has breathing difficulties, or severe skin disorders. If in doubt, or if you have any further questions, please ask before your appointment.

What Happens during the Treatment?

You will have a consultation and will be asked a number of questions. You will then be given a few minutes to undress or change into underwear (which ever you are comfortable with) and you will need to remove all jewellery.

A barrier cream will be applied to your hands, elbows, knees, feet and any other dry areas to prevent them from tanning too much.

You will then stand in the tanning booth and be given instructions on what positions to stand in whilst you are sprayed.

The spraying takes approximately 10 minutes plus an additional few minutes to dry.

During the treatment you will see a golden/bronze colour on your skin. This is a guide for the therapist to see whilst spraying. It will develop over the next few hours into a gorgeous sunless tan. The guide colour will wash off whilst showering after the development stage.

What about Streaking or turning orange?

Fake tanning has come a long way since the early days. Better solutions, spray tanning machines and technology virtually eliminates this. Your trained Sienna X therapist is experienced in producing non-streaky tans and will ensure that the right shade is chosen for your colouring. There is a whole selection of colours to choose from for a natural sun-kissed look.