



## 10 Benefits of a Spray Tan



We all feel better with a little bit of colour to us, but with the numbers of skin cancers rising along with the other risks associated with the sun, what can we do? The answer is a spray tan. Here are 10 benefits you can enjoy by faking it!

### **Shine with confidence...**

We all feel better when we have a tan but many of us also have areas of ourselves that we wish we could change. In a recent survey conducted by Sienna X on tanning trends, 86% of women said that they instantly felt more confident about their bodies, just by having a spray tan!



## Feel slimmer and more toned

Almost 2/3 of people said that not only did they feel slimmer with a spray tan, but they also felt more toned. Spray Tanning products and solutions have developed so much over the last five years, there really is a shade to suit every skin tone.

## Camouflage small scars and blemishes...

Did you know that a Spray Tan can help to disguise small scars and blemishes? As if by magic, this can really help to hide blemishes and stretch marks.

## Gives us a boost...

A spray tan can instantly make you feel better and give you a little extra va va voom!



### Hydrate and nourish...

We all know we need to keep our bodies hydrated and our skin is no exception. A hydrating spray tan will leave your skin not only looking good, but feeling good too.

### Improves appearance of skin...

If we look good, we feel good and a natural looking glow can work wonders for this. Our skin is enhanced from a professional spray tan, which will leave it feeling simply beautiful.

### Fitter and healthier...

We all want to feel as healthy as possible and a spray tan gives you that feeling from the moment it's applied. We all crave the Vitamin D during the winter months, so by having regular treatments, you could have a tan all year round.



## Quick and easy prep...

Just by exfoliating, you are creating the perfect base for a spray tan. By removing all the dead skin cells, skin will instantly look and feel brighter.

## Better to be safe than sorry...

By having a professional spray tan, you aren't exposing your skin to harmful UVA and UVB rays. Tanning has moved on so much in recent years, we no longer need to slap on tanning oil and bake ourselves to a crisp in order to look like we've had a holiday.

## Our skin will thank us for it...

Not only will you be avoiding harmful rays from the sun, but you will also avoid premature ageing... Time goes by quickly enough, why would we want to look like it's gone by even quicker?



Here are the results from the Tanning Trends survey carried out by Sienna X.

**86%** of people say that a spray tan made them feel more confident.

**75%** of people said they felt slimmer when they had a tan.

**70%** of people asked say YES to men using fake tanning products.

**62%** of people said they would have a spray tan for a night out or party.

**56%** of people said they would have a spray tan for a wedding.

**56%** of people said they wear fake tan every day.

**50%** of the people asked said they would prefer a professional spray tan at home.

**20%** embrace a dark tan, **61%** love a medium tan and **19%** opt for a lighter tan.

More than 1 in 3 people use fake tan products each week.