
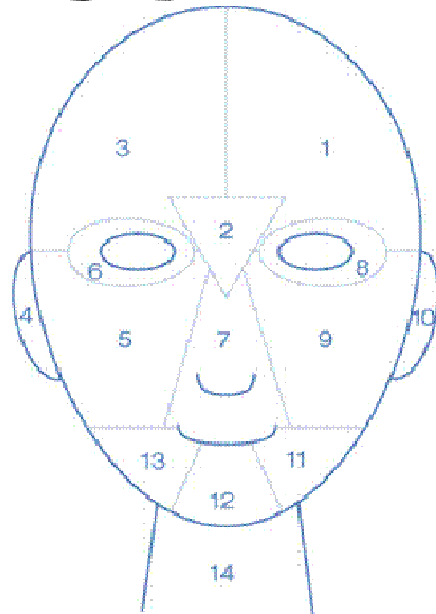


Love Your Skin exeter college

-  Normal Skin
Healthy skin
-  Oily skin
Areas of excess oil
-  Congestion
Spots/blackheads
-  Pigmentation
Areas of dark spots
-  Dry/Dehydrated
Areas lacking moisture
-  Flaky Areas
Areas needing exfoliation



You are: (Please circle)

Type I Type II Type III Type IV Type V Type VI

Type I You always burn and you rarely tan, you tend to have freckles, fair hair and blue or green eyes

Type II You usually burn and sometimes tan, you tend to have light hair and blue or brown eyes

Type III You sometimes burn and usually tan, you tend to have brown hair and brown eyes

Type IV You rarely burn and often tan, you tend to have dark brown eyes and dark hair

Type V You rarely burn and have naturally brown skin, you tend to have dark brown eyes and hair

Type VI You rarely burn and have naturally black/brown skin, you tend to have black/brown eyes and black/brown hair

No matter what skin type you are you should be using a sun screen with a minimum of SPF 15 and a Four-star rating.

Your ideal sun protection product is:

Fake Tan Tips

Fake Tan Do's:

- Perform a patch test at least 24 hours before application
- Exfoliate and use an oil free moisturiser 24 hours before tanning concentrating on drier areas such as knees and elbows
- Ensure skin is clear, free from moisturiser, perfume and deodorants as they can act as a barrier to the tan.
- Wear dark, loose clothing whilst tan is developing.
- Remove any unwanted hair at least 24 hours before
- Try and tan overnight, or shower 6-8 hours after tan application
- Wear gloves or a tanning mitt to get the best results.
- Use a tan optimiser to maintain the tan and exfoliate regularly to ensure your tan will fade evenly 2-3 days after application.
- When tanning the face, protect your hairline to prevent any discoloration of the hair

Fake Tan Don'ts:

- Don't shower straight after tan application
- Avoid perfumed products and deodorants
- Avoid contact with water whilst tan is developing
- Avoid over zealous use of toothpaste around the mouth area as it strips the tan.

How to Apply your Sunscreen: The Right Way

- Shake the bottle well, and apply sunscreen about 30 minutes before you plan to go outdoors so it will have time to dry.
- When applying, make sure to put it on all areas that will be exposed. Pay close attention to your hands, arms, face, back of neck and ears
- Coat the skin liberally. To properly cover the exposed areas of the body, you should use one ounce (enough to fill a shot glass) of sunscreen. Rub it in well.
- Reapply every two hours, or after spending time in the water or sweating. Even if your sunscreen is "water-resistant," it can lose its effectiveness after you spend even 40 minutes in the water.
- Sunscreens can also be easily rubbed or washed off, so be sure to reapply after you towel dry.
- Always use an aftersun or soothing product after sun exposure to keep your skin hydrated
- Always wear sunglasses to protect your eyes and a sun hat to protect your scalp and screen your face