



South  
**BEACH** **TAN**  
BOOST YOUR NATURAL TAN

## INSTRUCTIONS

South Beach tan is to be used like a conventional nasal spray. Before use, please ensure your nostrils are clear to ensure maximum absorption.

### Preparation

1. Remove the clear cap off the white nasal spray nozzle.
2. Prime the nasal spray before first use: Hold the bottle upright and pump 1-3 times until it forms a uniform mist. The nasal spray is now ready for use.
3. Keeping the bottle upright, insert the nasal spray into your nostril, about 1cm is sufficient.
4. Pump the spray whilst you inhale simultaneously through the nose. With every pump, push the pump device completely down to ensure correct dosage.
5. Clean the spray nozzle after use with a clean cloth, replace the clear cap and put your product in the refrigerator.

### Loading Dosage

This is the initial dosage for the first 3 days:

Day 1: Two pumps (one in each nostril)

Day 2: Four pumps (two pumps in the morning and two pumps at night)

Day 3: Six pumps (two in the morning, two in the afternoon and two at night)

Thereafter, keep to six pumps daily for approximately 3 weeks whilst your tan develops.

Stop this dosage when your desired tan is acquired. Pending on how fair you are to begin with, you might require longer. If you notice any disproportionate colouration around the chin or mouth, you are **overdoing it** and you need to stop the "loading phase".

To assist the loading phase, we recommend 10-20 minutes of safe sun exposure 3 times a week. If this is not possible, some light sunbed sessions will assist.

### Maintenance Dosage:

To maintain your tan use 6-8 pumps, two to three times weekly, dependent on the tanning intensity you desire. Try to avoid sneezing or blowing your nose immediately after using the nasal spray.

If you do still spend occasional time in the sun whilst using South Beach, you will notice how just 15 minutes exposure will dramatically deepen your tan

As your face and arms are exposed to sunlight frequently, always be sure to wear a sunblock over these areas, otherwise, they may become too dark.