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Exfoliate and moisturise before applying fake tan. How well you prep the skin before applying your fake tan can make or break your glow. ...

Avoid bathing in hot water. ...

Moisturise daily. ...

Exfoliate every 3 days. ...

Always remove tan before reapplying.

[How Long Does Fake Tan Last? | St.Tropez](#) : [blog : how-to-tutorials : how-long-does-fake-tan-last](#)

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A natural tan will usually last for around 7-10 days, although this can vary for each different skin type and colour. However, any exposure to su