

# SPRAY TAN

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## Pre-Treatment

ALWAYS use sunblock (30 SPF or higher).

- Shave at least 12 hours before and wax at least 24-48 hours before your Spray Tan. This will help to avoid irritation and to ensure an even tan.
- Decide what you will wear during & after your spray tan. Be aware that garments may get solution on them that will potentially stain.
- Shower either the night before your tan or the morning of. Use any hair conditioners before washing your body. Exfoliate your skin focusing on elbows, back of ankles, knees, hands and feet.
- Wash and exfoliate the skin using chemical-free and oil-free cleansers or scrubs.

## Day of Spray Tan

Come to your appointment with clean skin. Do not apply lotions, deodorant, creams or makeup which can prevent your tan from developing.

Wear dark, loose fitting clothing and shoes to your appointment. This will prevent friction from interfering with tan development which causes tan lines.

Do NOT wear jewelry to your appointment.

Wear lip balm to your appointment.

## Extend your tan by following Post-Treatment instructions

Wait 8 - 12 hours before rinsing off the tanning solution. Avoid water and sweating during the development time.

Use Baby Powder on areas where skin touches skin and is prone to sweat. (i.e. underarms, inner elbows, back of knees, between your bottom and thigh.)

Avoid deodorant until after tanning solution is washed off.

Be cautious to protect upholstery and other fabrics from tanning solution transfer.

Continue to wear loose fitting clothing for the first 24 hours.

After solution is rinsed off, moisturize skin 2 or more times a day.

Water can cause your tan to fade. Take short lukewarm (not hot) showers and do not use harsh soaps or scrubs. Continue to avoid oil-based products. When drying skin pat dry with the towel.

Avoid any exfoliating activities (i.e. waxing, manicures, pedicures.)

ALWAYS use sunblock (30 SPF or higher). Spray tanning does not contain sunblock of any kind and will not protect against sunburn.