

# PRETTY DAY BEAUTY CO.

## SPRAY TAN PREP GUIDE



BY FOLLOWING THESE GUIDELINES, YOU'LL ACHIEVE A  
BEAUTIFUL, LONG-LASTING TAN.

# BEFORE YOUR APPOINTMENT

## Schedule Beauty Services Ahead

Complete all self-care and beauty treatments (manicures, pedicures, facials, hair appointments, waxing, laser treatments, etc.) at least 24 hours prior to your tanning session.

Avoid getting a spray tan if your skin is peeling or if you have open wounds, micro-needling, lasers or recent tattoos that are not fully healed.

## Exfoliate and Shave

Gently exfoliate your skin at least 24 hours before your session to ensure a smooth, even tan.

Shave at least 12 hours before your spray tan to prevent streaks caused by shaving products' residue.

Use a clean, sharp razor and avoid shaving creams with oils.

## Avoid Skin Barriers

On the day of your tan, refrain from applying lotions, oils, perfumes, deodorants, or makeup, as these can act as barriers to the tanning solution.

## Choose Appropriate Clothing

Wear dark, loose-fitting attire and open-toed shoes to your appointment to prevent the tanning solution from rubbing off on your clothes. Sandals or flip-flops are recommended to avoid marks on your feet.

# DURING YOUR APPOINTMENT

## Attire

You are welcome to wear your own swimwear or underwear—whichever makes you most comfortable. If you prefer, you can also go completely nude to ensure an even tan with no lines.

## Application

Your technician will use a spray device to evenly apply the tanning solution all over your body, making sure every area is covered for a flawless, natural-looking glow.

## Drying Time

After application, you'll stand still for a few minutes to let the tanning solution dry completely before you get dressed. This helps prevent smudging and ensures the best results.

# AFTER YOUR APPOINTMENT

## Stay Dry

Avoid water, sweating, or applying any products for at least 4–5 hours to let your tan develop.

This means no rain, excessive hand washing, or contact with pets.

Wear loose clothing to protect your tan.

Avoid exercise or any activity that causes sweating.

## First Shower

Follow your technician's advice on when to rinse:

- Standard tan: rinse after 8 hours
- Rapid tan: rinse after 2–4 hours (based on desired color)

Use lukewarm water only — no soap, shampoo, or shower gel.

Gently rinse until water runs clear, using your hands to remove extra bronzer, especially on legs and behind arms.

Do not scrub or exfoliate.

Pat skin dry; don't rub.

## Moisturize Daily

Wait at least 12 hours after rinsing before applying lotion.

Use a water-based, fragrance-free moisturizer (CeraVe is recommended).

Moisturize twice daily to keep your skin hydrated and your tan lasting longer.

Drink plenty of water.

## Limit Intense Activity

Skip hot showers, baths, steam rooms, saunas, chlorinated or saltwater pools, and intense exercise.

Use mild, sulfate-free body wash.

Avoid exfoliating ingredients like:

- Salicylic Acid (BHA), Lactic Acid, Glycolic Acid (AHA), Retinol, Benzoyl Peroxide

Pat your skin dry gently — no vigorous rubbing.

Avoid products with mineral oil, petroleum, or high alcohol content.