

Tan Prep & Aftercare Guide

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ARTISTRY

Following these steps will help ensure that you achieve a beautiful, long-lasting tan

Before Your Spray Tan: Tan Prep Tips

1. Exfoliate 24 Hours Before Your Appointment

- Gently exfoliate your skin using a scrub, exfoliating mitt, or body brush. This removes dead skin cells and provides a smooth, even surface for the tan.
- **Tip:** Avoid any products with oil, as they can create a barrier and prevent the tan from adhering properly.

2. Shave or Wax 24 Hours Before

- If you plan to shave or wax, do so 24 hours before your appointment. This helps to avoid irritation and allows your pores to close, ensuring a smoother tan.
- **Tip:** Don't shave right before your spray tan—this can open pores and cause uneven results.

3. Skip Lotion, Deodorant, or Perfume

- Do not apply any lotions, deodorants, perfumes, or oils to your skin before your tan. These products can create a barrier and interfere with the tanning solution's absorption.
- **Tip:** Arrive with clean, dry skin for the best results.

4. Wear Loose, Dark Clothing

- Tight clothing may rub off or streak the tan, so wear something loose and comfortable after your session.
- **Tip:** Dark clothing is ideal because it won't show any potential product transfer and is easier to clean.

After Your Spray Tan: Aftercare Tips

1. Wait 8–12 Hours Before Rinsing

- Your tan needs time to develop. Avoid water for 8–12 hours after your spray tan session.
- **Tip:** If you have a **Rapid Tan**, you can rinse after 1-4 hours (follow your technician's recommendation).

2. Rinse Gently with Water Only

- When it's time to rinse, use **lukewarm water** (not hot) to gently rinse off any excess bronzer. Avoid scrubbing your skin, as it can remove the tan.
- **Tip:** Do not use soap, as it can strip the tan.

3. Moisturize Regularly

- Hydrate your skin to help prolong your tan. Use a **paraben-free, alcohol-free moisturizer** daily to keep your skin smooth and your tan even.
- **Tip:** Avoid oil-based products as they can break down the tan more quickly.

4. Avoid Activities That Cause Excess Sweating

- For the first 24 hours, avoid heavy exercise, swimming, or anything that causes you to sweat. Sweating can create streaks and fade the tan prematurely.
- **Tip:** If you sweat a lot, gently pat your skin dry with a towel instead of rubbing.

5. No Hot Showers or Baths for 24 Hours

- Steer clear of hot water, steam rooms, and saunas, as they can cause the tan to fade faster.
- **Tip:** Opt for cooler water in your shower for the first few days after your tan.

6. Avoid Long-Term Sun Exposure or Tanning Beds

- Although your spray tan provides a natural glow, it doesn't protect against UV rays. Use sunscreen if you're going outdoors for extended periods.
- **Tip:** Don't try to "top up" your tan with a tanning bed after your spray tan. This will damage your skin and make the tan fade unevenly.

Prolong Your Tan - To maintain your tan for as long as possible, follow these tips:

1. Keep Skin Hydrated

- Moisturize daily to keep your skin healthy and to help the tan last longer.
- **Tip:** Use a **gradual tanning moisturizer** to extend the life of your tan.

2. Avoid Scrubbing or Exfoliating Aggressively

- After your tan, avoid harsh exfoliation or scrubbing your skin with loofahs or washcloths. Instead, use gentle methods to cleanse your skin.
- **Tip:** When it's time to exfoliate (around 7–10 days), use a gentle scrub or mitt to remove the tan evenly.

Other Tips for the Best Tan:

- If you have sensitive skin, a patch test is always a good idea.
- If you're pregnant or have certain skin conditions, please consult a dermatologist before tanning.
- To maintain that freshly-tanned glow, consider booking your spray tan every 7–10 days for the perfect, natural look.

Need More Help?

If you have any questions or concerns, please reach out at Livallureartistry.com or LivAllureArtistry on Instagram. We're here to help you look and feel your best!

Want 10% Off Your Next Tan?

Show your glow! If you're willing to send a **before & after photo** of your gorgeous tan, we'll say thank you with **10% off your next appointment**.

Your photos may be featured on our **Instagram, website gallery, or marketing materials** (with your permission, of course!). Just snap your pics, text or DM them to us, and your discount will be applied to your next visit.