@AVENUETAN

THE BRIDAL GLOW PLANNER

Everything you need to know for a flawless wedding-day glow

OVERVIEW

3 WEEKS BEFORE

- ☐ BOOK YOUR TRIAL TAN
- ☐ DISCUSS YOUR DESIRED COLOUR
- ☐ TAKE NOTE OF HOW YOUR TAN DEVELOPS AND FADES

↓

5–7 DAYS BEFORE

- ☐ KEEP SKIN HYDRATED
- ☐ AVOID INTRODUCING NEW SKINCARE PRODUCTS

↓

24–48 HOURS BEFORE

- ☐ EXFOLIATE THOROUGHLY
- ☐ PAY ATTENTION TO ELBOWS, KNEES, HANDS & FEET
- ☐ REMOVE OLD TAN

↓

1–2 DAYS BEFORE

- ☐ FINAL WEDDING SPRAY TAN
- ☐ ARRIVE WITH CLEAN, DRY SKIN
- ☐ WEAR LOOSE, DARK CLOTHING

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DEVELOPMENT TIME

- ☐ AVOID SWEATING
- ☐ AVOID WATER
- ☐ FOLLOW YOUR CUSTOMIZED RINSE INSTRUCTIONS

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WEDDING DAY

- ☐ MOISTURIZE
- ☐ GET DRESSED
- ☐ GLOW ✨

INDEX

PAGE 4 — MY WEDDING TAN DETAILS

PAGE 5— TRIAL TAN CHECKLIST

PAGE 6 — WEDDING WEEK PREP

PAGE 7— 24–48 HOUR PREP

PAGE 8 — AFTER YOUR SPRAY TAN

PAGE 9 — RINSE DAY

PAGE 10 — WEDDING DAY

PAGE 11 — AVENUE TAN SPECIAL OFFER

PAGE 12 — NOTES

MY WEDDING TAN DETAILS

MY WEDDING GLOW

WEDDING DATE: _____

TRIAL TAN DATE: _____

FINAL TAN DATE: _____

APPOINTMENT TIME: _____

RECOMMENDED RINSE TIME: _____

MY PREFERRED RESULT:

□ NATURAL GLOW

□ MEDIUM BRONZE

□ DEEP BRONZE

TRIAL TAN CHECKLIST

YOUR TRIAL TAN

- SCHEDULE APPROXIMATELY 2–3 WEEKS BEFORE THE WEDDING
- DISCUSS YOUR DESIRED COLOUR
- CONSIDER YOUR DRESS AND OVERALL WEDDING LOOK
- TAKE NOTE OF HOW THE COLOUR DEVELOPS
- TAKE PHOTOS IN NATURAL LIGHTING
- DECIDE IF YOU'D LIKE TO GO LIGHTER, DARKER OR KEEP THE SAME RESULT

Remember: Your trial tan isn't about achieving perfection right away. It's about discovering the colour, depth and overall look that feels perfect for you, your skin tone and your wedding-day vision. 🤎

WEDDING WEEK PREP

THE WEDDING WEEK GLOW CHECKLIST

□ STAY HYDRATED

□ KEEP YOUR SKIN MOISTURIZED

□ AVOID TRYING NEW SKINCARE PRODUCTS

□ PLAN YOUR EXFOLIATION

□ REMOVE ANY REMAINING OLD TAN

□ SCHEDULE YOUR NAILS/HAIR AROUND YOUR SPRAY TAN

□ CHOOSE LOOSE, DARK CLOTHING FOR YOUR APPOINTMENT

□ GIVE YOURSELF PLENTY OF TIME—DON'T SQUEEZE YOUR TAN INTO A HECTIC DAY!

24–48 HOUR PREP

YOUR PRE-TAN PREP

GENTLY EXFOLIATE YOUR ENTIRE BODY.
PAY SPECIAL ATTENTION TO:
ELBOWS • KNEES • ANKLES • HANDS • FEET

AVOID:

- HEAVY OILS
- BODY LOTIONS IMMEDIATELY BEFORE YOUR APPOINTMENT
- LAST-MINUTE WAXING/SHAVING IF IT IRRITATES YOUR SKIN

ARRIVE WITH:

- CLEAN SKIN
- NO LOTION
- NO OILS
- NO DEODORANT
- NO PERFUME
- NO MAKEUP ON THE BODY

AFTER YOUR SPRAY TAN

THE “MARINATING” PHASE 🤎

DO:

- ☐ WEAR LOOSE CLOTHING
- ☐ KEEP YOUR SKIN DRY
- ☐ AVOID SWEATING
- ☐ FOLLOW YOUR RECOMMENDED RINSE TIME

DON'T:

- ☐ EXERCISE
- ☐ SWIM
- ☐ SHOWER BEFORE YOUR RECOMMENDED RINSE
- ☐ WEAR TIGHT CLOTHING
- ☐ PANIC! 😂

YOUR TAN IS DEVELOPING. TRUST THE PROCESS!!

RINSE DAY

FIRST RINSE:

□ USE LUKEWARM WATER

□ GENTLY RINSE AWAY THE COSMETIC BRONZER

□ DON'T SCRUB

□ DON'T EXFOLIATE

□ PAT SKIN DRY

□ MOISTURIZE ONCE APPROPRIATE

Dont judge your tan immediately after your rinse, its still developing! We've been through this with your trial

WEDDING DAY

TODAY'S THE DAY 🤍
YOUR ONLY JOB IS TO GLOW AND BE PRESENT

- ☐ MOISTURIZE
- ☐ ALLOW YOUR SKIN TO ABSORB THE MOISTURIZATION
- ☐ MAKEUP, HAIR AND DRESS
- ☐ TAKE ALL THE PICTURES
- ☐ WALK DOWN THE AISLE
- ☐ CELEBRATE
- ☐ SOAK IT ALL IN

YOU'VE PLANNED IT.
YOU'VE PREPPED IT.
NOW ENJOY IT.

YOUR WEDDING GLOW, YOUR WAY

At Avenue Tan, every tan is customized to you!

Whether you're looking for a soft, natural glow or a deeper, bronzed result, I will work with you to create a result you're comfortable in on your wedding day.
Use this link for a special offer when you book your trial tan with me!

Trial Tan + Wedding Day Tan
[BOOK YOUR APPOINTMENT]

VISIT ME ONLINE:

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TAN NOTES:

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