

4 AVENUE TAN

FIRST-TIMER GLOW GUIDE

YOUR NO-STRESS GUIDE
TO GETTING YOUR FIRST
SPRAY TAN

WELCOME

First spray tan? Take a deep breath — you're in good hands. ❤️

If you're feeling a little nervous, wondering what to wear, worried about looking orange, or simply not sure what to expect... you are absolutely not alone. I created this guide to take the guesswork out of your first spray tan so you can walk through the door feeling confident, comfortable and prepared.

At Avenue Tan, your appointment is all about you. We'll chat about the depth result you're hoping to achieve, your skin tone, and the reason for your spray tan - vacation, photoshoot etc.

If you're wondering about the awkward part? Don't! There is no judgement here, and no silly questions. My goal is to make your experience private, relaxed, stress-free and with some giggles!

Think of this guide as your little roadmap to the perfect glow!

So let's take the nerves out of it, have a little fun and get you ready to GLOW. ✨

Welcome to Avenue Tan. I'm so happy you're here.

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24 HOURS BEFORE YOUR APPT

- EXFOLIATE
- SHAVE
- WAX AHEAD OF TIME
- REMOVE OLD SELF-TAN
- HYDRATE YOUR SKIN
- DON'T MOISTURIZE

IMMEDIATELY BEFORE YOUR
APPOINTMENT

All of these reminders are provided when you book!

A close-up, high-resolution photograph of an orange knit sweater. The sweater is draped and folded, creating deep shadows and bright highlights that emphasize its ribbed texture. The color is a warm, slightly muted orange. The top of the sweater, showing the crew neck, is visible at the top of the frame.

WHAT TO WEAR

- LOOSE CLOTHING
- DARK CLOTHING
- EASY SLIP-ON SHOES
- SKIP TIGHT BRAS/LEGGINGS

IMMEDIATELY AFTERWARD

- KEEP IT COMFORTABLE

WHY: tight clothing can cause unwanted friction lines

DURING YOUR APPOINTMENT

ARRIVE & RELAX

We'll start with a quick consultation to chat about your plans, your skin tone and the kind of glow you're looking for.

YOUR PRIVACY

You'll have a private space to change and prepare. Wear whatever you're most comfortable in — there's zero judgement at Avenue Tan.

CHOOSE YOUR COLOUR

We'll decide together whether you're looking for a subtle sun-kissed glow, a gorgeous bronze or a deeper vacation tan. Your colour is customized to you.

THE APPLICATION

I'll guide you through each position and make sure your tan is applied evenly from head to toe. You don't need to know what to do — that's my job!

BEFORE YOU LEAVE

I'll give you your personalized rinse instructions and aftercare tips. Then it's time for the “marinating” phase! Your only job is to avoid water, sweating and tight clothing while your tan develops.

Relax. Let it develop. Let it GLOW.

Provided for you in studio are disposable underwear, nipple pasties, hair net, nose plugs, slippers and black silk robe

THE MARINATING PHASE

Once you leave my studio, your tan continues to develop and deepen as the solution works with your skin. This is your “marinating” phase! Your colour may look darker at first — that’s completely normal.

- AVOID SWEATING
- AVOID WATER
- AVOID TIGHT CLOTHING
- DON'T PANIC IF THE COLOUR LOOKS DARKER INITIALLY
- FOLLOW THE SPECIFIC RINSE INSTRUCTIONS

Follow your personalized rinse instructions for the best result.

Now sit back, relax and let the solution do the work

YOUR FIRST RINSE

- LUKEWARM WATER
- NO SHAMPOO/SOAP
- GENTLY RINSE
- NO SCRUBBING
- PAT DRY
- MOISTURIZE (NO OIL BASED)

After your first rinse, the cosmetic bronzer washes away, revealing the developing tan underneath. Over the next several hours, your colour will continue to settle into its natural, customized glow. ❤️

Don't judge your tan straight out of the shower — give it a little time to fully develop!

Your glow is still getting better.

FUN FACT - we all pee in the shower right - just remember it may leave streaks on your legs 🙈



MAKE YOUR GLOW LAST

- HYDRATE DAILY
- MOISTURIZE
- AVOID HARSH EXFOLIATION
- DON'T PICK OR SCRUB FADING SKIN
- PREPARE PROPERLY FOR YOUR NEXT TAN

THE AVENUE TAN FIRST TIMER CHECK LIST

- ☐ EXFOLIATED
- ☐ SHAVED
- ☐ REMOVED OLD SELF-TAN
- ☐ ARRIVED WITH CLEAN SKIN
- ☐ LOOSE OUTFIT READY
- ☐ RINSE TIME UNDERSTOOD
- ☐ POST-TAN PLANS ARE SWEAT/WATER FREE
- ☐ READY TO GLOW

HOW HORMONES CAN AFFECT YOUR SPRAY TAN

A LITTLE FYI BEFORE YOU GLOW...

Your skin can change throughout different stages of life — including during your menstrual cycle, pregnancy and other hormonal fluctuations.

Changes in hormones can affect things like oil production, hydration, sensitivity and your skin's natural barrier, which may occasionally influence how your spray tan develops.

DURING YOUR CYCLE

You may notice your skin behaves a little differently around your period. Don't worry — this doesn't mean you need to skip your tan!

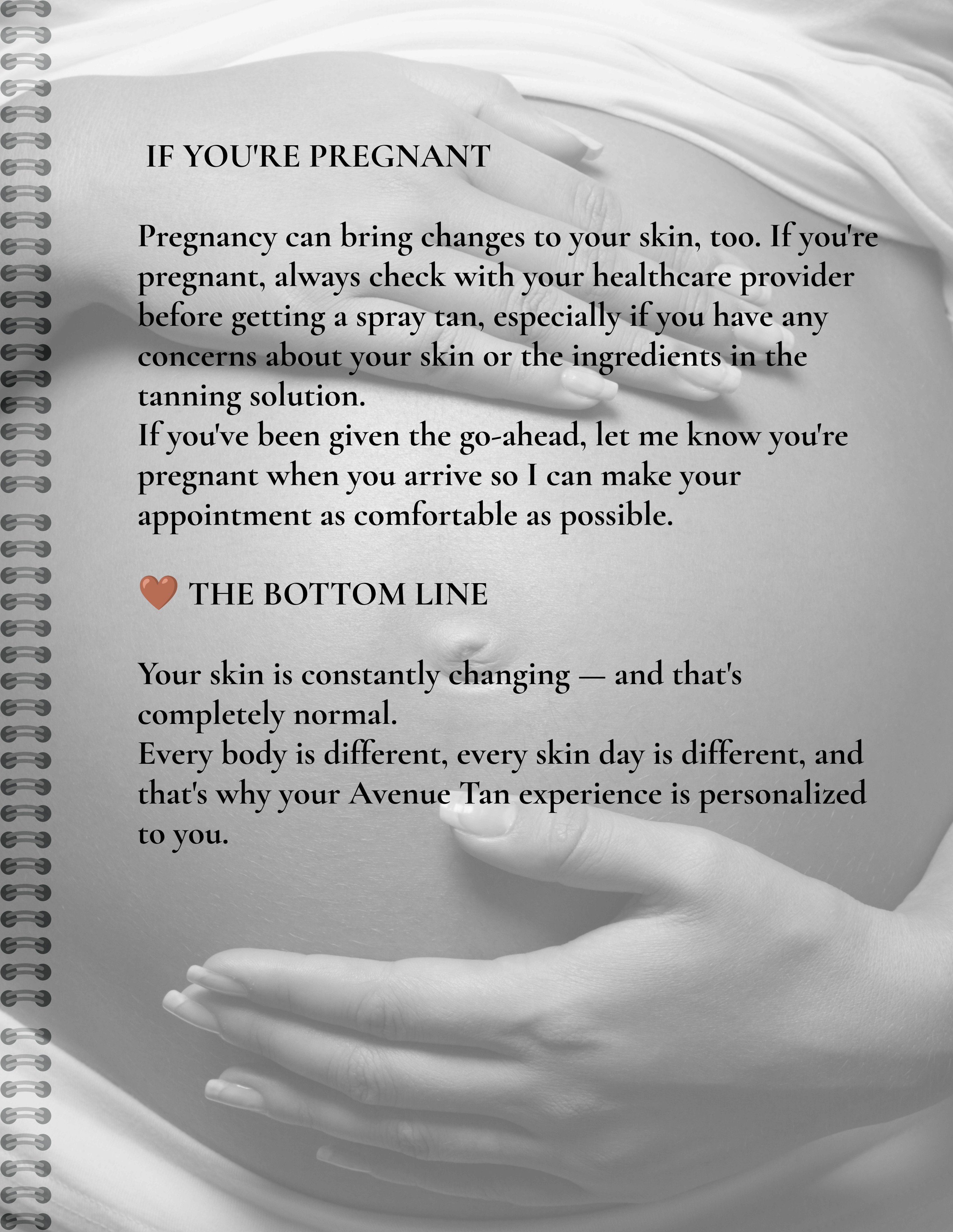
I provide a pH-balancing spray in the studio as an optional prep step to help refresh the skin before your tan.

A FEW TIPS:

Hydrate your skin: Well-moisturized skin helps create a smooth canvas for your tan.

Keep your prep consistent: Exfoliate and remove old tan as usual, but avoid aggressive scrubbing if your skin is feeling sensitive.

Tell me! If you're on your period or your skin is feeling different than usual, let me know. It's helpful information when we're customizing your tan.



IF YOU'RE PREGNANT

Pregnancy can bring changes to your skin, too. If you're pregnant, always check with your healthcare provider before getting a spray tan, especially if you have any concerns about your skin or the ingredients in the tanning solution.

If you've been given the go-ahead, let me know you're pregnant when you arrive so I can make your appointment as comfortable as possible.

❤️ THE BOTTOM LINE

Your skin is constantly changing — and that's completely normal.

Every body is different, every skin day is different, and that's why your Avenue Tan experience is personalized to you.

HOW TO BOOK

Ready to try your first spray tan?
No pressure. No judgement. No orange.

Just a customized, confidence-boosting glow
designed for you!

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BOOK YOUR APPOINTMENT

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