

# **HOW TO PREPARE FOR YOUR SPRAY TAN**

## **Leading up to Spray Tan**

- Exfoliate at least 24 hours PRIOR to spray tan
- Oil Free Products are recommended
- Shave the day BEFORE as oils from the razor may affect your tan

## **Day of your Spray Tan**

- Shower as normal and rinse off ALL shampoo and soap from your skin
- Do NOT apply makeup, sunscreen, lotion or cream
- Hydrate well with lots of water
- Wear a bathing suit, bra and underwear or your birthday suit! Disposable thongs are available.
- Wear dark, loose fitting clothing to your appointment

## **After your Spray Tan**

- No Swimming, showering or sweating while your tan is setting.
- Traditional Spray Tan 8-12 hours
- Rapid Spray Tan 1-6 hours
- RINSE only with water at your first shower
- Moisturize, Moisturize, Moisturize. A spray tans worst enemy is dry skin