**PRE/POST TAN PREP + CARE**

**Aviva products are very natural-looking, unscented & non-sticky. You will feel pretty dry soon after application is complete. That being said, remember to follow instructions for best results & practices.**

* **OPTIONS:**
  + [**Regular Tan**](https://spraytansbylauren.com/)**:** You can shower/rinse in 8+ hours after application.
  + [**Rapid Tan:**](https://spraytansbylauren.com/) You MUST rinse typically 2-3 hours after application. We will guide you to what shower time works best for your skin tone. (This option is fantastic for convenience!)
  + **Plan to stay dry after application:** **No wetness, sweat, lotion, anything liquid, on the skin or rubbing, constricting clothing until 1st shower/rinse. Long, loose, dark, comfortable clothing is recommended. This is important!** If there is rain in the forecast, please protect your skin.
  + Plan your Spray Tan appointment 1-3 days prior to an event or vacation but not a deal breaker if later as you will have plenty of color for a week:)
  + Results last 7-9 days with proper care.

**HOW TO PREPARE:**

* Plan to shower, exfoliate & shave \*between 4-24 hours\* prior to your appointment. DO NOT EXFOLIATE or SHAVE RIGHT BEFORE APPOINTMENT (4-24hrs please).**Despite of past information, applying a light lotion IS recommended as you will not want any dry skin.** But AVOID heavy creams & oils. \*Men: You do not have to shave body hair unless you normally do.
* Plan to remove deodorant & makeup for best results (use a wet wipe to remove if you applied after prep shower). A little light make-up on is OK!
* Mani/pedi, waxing & all other beauty services must be done PRIOR to your tan appointment. ‘Polish change’ is ok after but NO soaking or scrubbing.
* During your session, you may wear whatever you feel comfortable in. Topless or nude. Dark colored, strapless undergarments are recommended if you choose. Nothing lacy or mesh. Men must wear bottoms: If you do not want tan-lines please discuss options with us when booking.
* Anywhere you have clothing will leave a healthy tan line. I recommend a panty line for 1st timers!
* Plan to wear or bring dark-colored, very loose, long clothing & flip-flops/slippers to wear after application. No sports/bra, no jeans or yoga pants, no socks, no strappy shoes. **NOTHING TIGHT UNTIL YOUR 1ST SHOWER.** Plan to chill after application as rubbing, moisture, sweat and tight clothing will cause flaws in your tan. TIP: When in doubt, blend it out. PRO-TIP: Our[**Rapid Tan**](https://spraytansbylauren.com/) option is great if you are the busy bee:)
* Please check out our [***FAQ***](https://spraytansbylauren.com/faq/) for any other questions you may have or shoot us a message to ask! (Facebook [btan] or email [bremenbtan@gmail.com])

**MAINTENANCE**

**HERE ARE THE BEST PRACTICES TO MAINTAIN YOUR SPRAY TAN:**

* Keeping your skin hydrated is so key to having the freshest, longest lasting spray tan. MOISTURIZE! Using products that don't strip the tan is important. Not only for your results but for curing the root cause to dry skin.
* Look for the cleanest, natural, organic products. Paraben free, sulfate free, no mineral oil, no petroleum, no alcohol, less or no synthetic fragrance. NO DOVE SOAP!
* Sweating while wearing tight clothing will always have more wear on your spray tan. If you like to sweat it out, make sure to wear looser sports clothes so rubbing does not get your tan. Always rinse off a sweaty body in the shower after a workout. Blending any uneven/sweat areas in your shower definitely can save your tan!
* Soaking in high chemical pools or hot tubs can cause faster fading. Of course vacation is the main reason to get your glow on so try to dip more than soak. Tan extending lotions are a sure way to keep that tan going strong (we sell them in store)!
* Your spray tan should last 7-9 days with proper care. The face fades faster due to washing with stronger products. Ask us about our favorite touch us product!
* Use a fresh razor when shaving.
* Whenever you see a flaw in your tan, BLEND IT OUT! In your shower during your tan life OR with a dry towel if you get wet during your developing process.