*Fake Bake Airbrush*

*Spray Tan Pre & Post*

*Care Instructions*

*Pre-Tan Instructions*

**24 Hours Prior to Your Spray Tan**  
— Shave or use depilatory cream to remove unwanted body hair.  
— Exfoliate entire body with mild, oil-free exfoliant.  
— Pack your spray tanning bag: hair tie, lip balm, black swimsuit or underwear (cotton), dark loose fitting clothing (cotton), black flip flops, an umbrella (in case of bad weather), and a large black towel to place over your car seat to avoid staining.

**8 Hours Prior to Your Spray Tan**— Shower, but do not apply body oils or moisturizers to skin (unless you have very dry skin) as this can create a barrier on your skin.  
— Wear clothing to and from your spray tanning appointment that is dark in color (preferably black), loose fitting, and cotton to avoid excess contact or staining to your clothes after your spray tan.  
— Do not wear tight fitting jeans, pants, or shorts, or light synthetic fabrics to your appointment. Try a loose black dress, or lounge-type clothing.  
— It is advisable to wear dark flip fops to and from your spray tan appointment  
— Plan your day so that you can arrive at your spray tanning appointment at lease 10-15 minutes early  
so that you can properly prepare for your appointment

**5 minutes Prior to Your Spray Tan**  
— Remove make-up and deodorant with baby wipes if you choose to do so.  
— Pull hair up and away from face and neck with a hair tie and cover with a hair cap.  
— If you have very light hair, rub a small amount of barrier cream along your expose hairline to prevent discoloration.  
— Remove clothing, shoes and jewelry.  
— Change into your swimsuit or client disposables.  
— Apply lip balm to lips and over eyebrows to prevent discoloration (if you have very light eyebrows).

*Post-Tan Instructions*

**1st 5 Minutes After Your Spray Tan**  
— Use a box fan or blow dryer to accelerate drying of skin  
— Wait at least 5 minutes before getting dressed  
— Place a towel over your seat for the car ride home.

**6-8 Hours After Your Spray Tan**— Avoid any activity that would cause sweating (exercise, cleaning or showering) as your spray tan is developing during these hours. Contact with water or sweat could result in lines or uneven tanning.  
— If you choose to sleep in your spray tan so that it darkens overnight, please cover your bed with dark sheets and pillow cases so that the bronzer does not stain your regular sheets.

**8 Hours After Your Spray Tan**  
— Shower normally. You will see some color wash away from your skin. This is completely normal and was only the color guard (the instant tan that you could see after your spray tan). The color guard is used to give immediate tan results, but also so that the technicians may see where they are applying solution. Do not be concerned by this, as your developed tan is still there.  
— Wash with a mild, DHA friendly, moisturizing shower gel and a gentle bath poof.  
— While you are drying, remember to pat, not rub your skin.  
— Apply a moisturizer with sunscreen in the morning, and a tan extending lotion at night (please ask your tanning technician for more information).

**The Life of Your Spray-Tan**  
— The life of your spray tan depends on the care you take of your skin. Moisturize twice a day and exfoliate gently 1 to 2 times per week. The following products have been shown to reduce the number of days that a spray tan will remain on the skin, so try to find alternatives or simply avoid these products until just before your next spray tanning session.  
— Band Aids  
— Face Masks, or Biore Pore Strips  
— Anti-Aging or Anti-Acne products  
— Bar Soaps  
— Hair Removal Creams and Shaving  
— If at all possible, you should try to avoid contact with chlorine or excessive sweating inside of closed toed shoes, as both can lead to premature fading of a spray tan. If you notice uneven or premature fading of spray tan, you can always correct this by touching up your spray tan with a “Tan in a Can” spray tanning product. Please ask your tanning technician for more information.