



Quick Pre Tan To do and Not to do

Prior to your Spray Tan Appointment

1. Drink plenty of water so your skin is nice and hydrated.
2. Preferable 24 hours prior to your appointment, Shower, Shave, Exfoliate in this order. You can use an exfoliation mit, glove, rough washrag, brush, etc..
3. Moisturize heavy on the days leading up to your tan paying close attention to hands, wrists, elbows, knees, and ankles.

Day of Tan Appointment

1. No makeup, deodorant, or lotion.
2. Do not shower within 4 hours of your spray tan. Avoid Dove soaps, moisturizing body soaps, etc. on this day. No soaps are preferred on this day.
3. If you must shower and wash your hair day of appt., make it a water only shower and exfoliate after if you have used any kind of soap, shampoo, or conditioner. Do not do this within 4 hours of your appointment. Your tan may not turn develop properly if you do.
4. Be sure to bring loose dark clothing to wear after your spray tan. Flip Flops or slippers for your feet are best. Tight clothing, including a bra, can result in undesirable results. A sleep bra is best if you feel you must have something, as they are less binding. Remember to take it easy and do pretty much nothing until after your first rinse. No soaps, lotions, or perfumes on the skin for 24 hours while your tan is still developing..
5. **Remember:** water is the enemy until after your first "Water Only" rinse. Skin products are the enemy for the first 24 hours.
6. On your first water only rinse, just use your hands until water runs pretty clear (just a couple minutes). You will see the cosmetic bronzer rinse down the drain but do not fear, your tan continues to develop. **Always pat dry, no rubbing dry while maintaining tan.**

