



## Prep Spray Tan Guide

- Schedule all beauty appts. 24 hours **before** your tan such as mani/pedi, facials, lashes, etc.
- Shave or wax approx. 24 hours before your appointment with a new razor. At the very least, the night before your scheduled tan.
- Exfoliate your entire body, face & most importantly your neck! I would recommend doing this the day before, if possible, to allow your pores time to shrink up. Be sure **NOT** to shower within 5 hours before your tan. If you need to rinse before your appointment, you can, however, **DO NOT** pick this time to shave & exfoliate. Rinse only in lukewarm to cool water.

(Avoid "moisturizing" & regular soaps such as **ALL** Dove, Olay, Bath & Body Works, Victoria Secret, Neutrogena soaps or anything that has "moisturizing" properties. I suggest **Shea Moisture or CeraVe with an exfoliating mitt** as a drug store option. **IF** you do use a Tree Hut Scrub or any sugar scrub to exfoliate regularly stop using it 48-72 hours **BEFORE** your tan. I do carry several safe options of before & aftercare products so you do not have to do the guessing game at the store & they will also help to extend the life of your tan.

- No lotions, moisturizers, body oils on the **day of** your appointment. Makeup and deoderant should be removed prior to your appointment. Complimentary wipes are available at your appointment if you need to remove any residue before your spray tan.
- Decide what you want to wear during your spray tan. Bathing suits, underwear, or nude (sorry men, women **ONLY** for fully nude). Disposables are provided complimentary if you would prefer a disposable!

**Men MUST** wear some form of covering over their genitals as those **cannot** be sprayed. It **IS** a health concern. Boxers, briefs, thong, shorts or speedo type bathing suit is fine. I do have disposables for men as well.

- Bring dark, long loose-fitting clothing to put on after your appointment (please bring with you to the appointment) & some form of sandal or loose shoe.
- Please be sure to fill out the client intake form along with the consent waiver before your appointment especially if you are a new client. It is attached to your confirmation email when you booked your appointment. If you cannot find it, please let Tori know.