

PRE-TAN INSTRUCTIONS

*Make sure you shower and exfoliate with a non-oil based exfoliant the day before your spray tan appointment. Exfoliating mitts are at most stores (Ulta, Target, Walmart, Amazon)

* Keep your skin bare! Do not apply any lotion, moisturizer, or fragrance. These products prevent the spray tan from properly adhering to your skin. Then you'll think I did a bad job or use bad products or 'it just must be my skin doesn't take spray tans'. Your tan should last about 7-9 days with proper BEFORE and AFTER care!

* Skip deodorant the day of your spray tan – I never directly spray your armpits, but deodorant will cause the tan to discolor in that area

*If you do hair removal/waxing/shaving – please do this at least 1—2 days prior to your spray tan to give your skin time to heal and prepare for your tanning session

*Manicures and Pedicures should be the day before your spray tan also!

*After your spray tan, plan on wearing loose fitting, dark colored clothing for at least 8 hours, or until you have rinsed off the bronzer. If you can skip a bra, please do for a couple hours at least

*Wear flip flops if you must put something on your feet – but avoid socks or anything tight that will cause the spray tan to rub off