



# **SPRAY TAN PREP & AFTER CARE**

**\*FOLLOW THESE STEPS FOR A FLAWLESS TAN\***



# SPRAY TAN PREP

Prep is crucial for a even flawless tan.

**\*A SPRAY TAN SHOULD BE YOUR VERY LAST  
STOP BEFORE EVENTS\***

## SERVICES:

COMPLETE ALL SPA SERVICES AT LEAST 24 HOURS BEFORE YOUR TAN. MANI, PEDI LASHES MASSAGES ETC. WAXING SHOULD REALLY BE DONE 48 HOURS PRIOR.

## EXFOLIATE:

FOR BEST RESULTS EXFOLIATE YOUR ENTIRE BODY IN THE DAYS LEADING UP TO YOUR APPOINTMENT. USE LOTION AFTER EVERY EXFOLIATION TO REHYDRATE THE SKIN. AN EXFOLIATING MITT/GLOVE OR DRY BRUSH WORK BEST. \*LOOFAS DON'T COUNT AS EXFOLIATION.\* SHAVE, SHOWER AND EXFOLIATE THE NIGHT BEFORE YOUR APPOINTMENT. \*\*DO NOT APPLY ANYTHING TO THE SKIN PRIOR TO YOUR APPOINTMENT. IF YOU MUST SHOWER BEFORE RINSE WITH COLD WATER TO CLOSE YOUR PORES.

## AVOID:

AVOID WEARING DEODORANT, LOTION PERFUME OR MAKEUP TO YOUR SPRAY TAN SESSION. THESE CAN CREATE A BARRIER ON YOUR SKIN RESULTING IN AN UNEVEN TAN.. REMEMBER TO REMOVE ALL JEWELRY.

## WHAT TO WEAR:

DURING YOUR SPRAY TAN WHATEVER YOU ARE COMFORTABLE WEARING IS FINE. THONG/BRA, JUST THONG, NUDE, BATHINGSUIT, WHATEVER YOUR PREFER. WEAR DARK, LOOSE FITTING CLOTHES. SANDALS OR FLIP-FLOPS ARE PREFERRED. CROCS WORK ALSO. DO NOT WEAR LEGGINGS, JEANS OR ANYTHING TIGHT THAT WILL RUB AGAINST YOUR SKIN. \*IF IT IS RAINING, COME PREPARED TO STAY DRY\* (RAIN JACKET, UMBRELLA, RAINBOOTS, CLOSED TOE CROCS)



# POST SPRAY TAN CARE



**\*DO NOT GET WET UNTIL IT IS TIME TO RINSE\* (THIS INCLUDES SWEATING, DISHES, HAND-WASHING, BATH TIME, CRYING ETC)**

## TIMING IS EVERYTHING:

ALLOW YOUR TAN TO DEVELOP FOR 8-12 HOURS BEFORE SHOWERING, UNLESS INSTRUCTED OTHERWISE FOR RAPID SOLUTIONS. IF YOU CHOSE A RAPID SPRAY, RINSE AT THE TIME ADVISED TO AVOID OVER PROCESSING.

## YOUR FIRST SHOWER POST SPRAY:

USE LUKEWARM WATER ONLY – NO SOAP! GENTLY RUB YOUR BODY WITH YOUR HAND UNTIL THE WATER RUNS CLEAR. DON'T WORRY- THIS ISN'T YOUR TAN WASHING OFF! THE FULL TAN DEVELOPMENT CAN TAKE UP TO 24 HOURS. GENTLY PAT YOURSELF DRY WITH A TOWEL AND MOISTURIZE IMMEDIATELY.

## MOISTURIZE DAILY:

APPLY LOTION TWICE A DAY TO KEEP YOUR TAN LOOKING FRESH AND LASTING. DRY SKIN WILL CAUSE YOUR TAN TO FADE QUICKER. HYDRATED SKIN = A LONGER-LASTING TAN. USE TAN-SAFE OIL FREE MOISTURIZER. INVEST IN OUR SETTING POWDER AND TAN EXTENDER LOTION AVAILABLE IN STUDIO TO EXTEND THE LIFE OF YOUR TAN.

## THINGS TO AVOID:

HOLD OFF ON SCRUBS, PEELS OR EXFOLIATING. KEEP SHOWERS SHORT AND USE WARM WATER. USE GENTLE, SULFATE-FREE, OIL FREE BODY WASHES. MINIMIZE TIME SOAKING IN POOLS, HOT TUBS AND SAUNAS. SKIP PERFUMES APPLIED TO YOUR SKIN AND SPRAY YOUR CLOTHES INSTEAD. INVEST IN SPRAY TAN SAFE PRODUCTS.