

# HEATWAVES TANNING & SPA

A New Day Beginning Wellness Center, Inc.

## 11 Tips to Help You Prepare for a Spray Tan, According to Sunless Tanning Pros

Whether you're looking to get a head start on a sun-kissed glow before summer starts or you need to give pale skin a much-needed glow-up during the winter months, a spray tan is one of the safest ways to do it. Although it may be tempting to jump into a tanning bed, this can damage your skin, causing premature aging, dark spots and other unwanted skin conditions. Instead, consider getting a spray tan — it's a safer way to achieve the perfect bronze this summer. If you take the right steps to prep your skin for a sunless tan, no one will ever guess it's faux.

### Exfoliate all over.

"It is recommend **exfoliating at least eight hours prior to your spray tan appointment**," Exfoliation helps slough off any dead skin cells on the top layer of your skin, which is important because otherwise they can shed post-tan, which can lead to your faux glow looking patchy and uneven.

### Don't shave (or wax) the day of your session.

**Shaving and waxing "should be done [at least] 24 hours prior to your appointment**," This allows time for the skin to calm, ensuring a flawless and comfortable spray tan. If you shave or wax too close to your scheduled session, the spray tan may seep into your pores and produce dark dots. It can also irritate your skin, especially if it's sensitive.

### But do take a shower.

You should always **keep your skin sweat-free before a spray tan**. "If you work out before your tan, we recommend showering and washing your face as sweat can sit on the skin and therefore stop the tan from absorbing evenly," In fact, "the optimal time to tan is right after a shower, as your skin cells are hydrated and will absorb the tan more evenly for a longer lasting color."

### Avoid using oil and lotion beforehand.

It's important to keep your skin hydrated, but don't use oil or lotion on the day of your appointment. "**It will interfere with the spray tan development**," "[Your technician] will be applying a non-oil-based moisturizer to dry problem areas like the hands, elbows, knees and wrists."

### In fact, go totally au naturel.

Along with avoiding oil and lotion, you should "**remove all makeup, deodorant and perfume with a cleansing wipe just before the spray**," Your skin should be free from any products that could interfere with the spray tan.

218 W. Main Street, Kutztown, Pa. 19530 | P: 610-683-6669

<https://www.heatwavestanningkutztown.net> | [info@heatwavestanningkutztown.net](mailto:info@heatwavestanningkutztown.net)

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## Stop using retinoids and hydroxy acids.

Twenty-four hours before your appointment, **cut out the retinoids and hydroxy acids in your skincare regimen.** These ingredients increase cell turnover, which will cause your tan to fade more quickly.

## Prime your skin.

“In order to get the most out of your spray tan, we always recommend priming your skin with a pH-balancing spray just before your spray tan appointment,” “This will help your skin reach an optimum of pH of 4.5, which can help the tan absorb deeper into the skin and therefore last longer.” Your natural skin typically has a pH of between 4.7 and 5.57, so **bringing it to a 4.5 will help it match the pH of the tanning solution, meaning it will absorb faster.** Your spray tanner will also apply a PH balance.

## Wear dark, loose clothes.

After getting a spray tan, **some of the color may rub off onto your clothes.** To avoid that issue, wear dark, loose clothes to your appointment. If you feel comfortable, skip your bra and go commando. “The looser, the better.”

## Don't forget about your nails!

Discolored nails can be a dead giveaway of your faux tan, so paint your nails before going to your appointment. If you go to a nail salon, tell your manicurist, “no oils, no massage — just a no-frills polish,” **Your spray tanner should also wipe your palms, soles, fingernails and toenails after the spray.**

## Communicate with your spray tanner.

If you want to get the best spray tan results, remember to communicate with your spray tanner. Always start by informing them if you have allergies, sensitive skin or any other skin conditions. Then, it's important to **be detailed when explaining exactly what shade you want.** “The best way to think of this is what you want your end result to be — do you want a light glow, a medium golden tan, or a rich deep bronze?”

You should also **tell your spray tanner whether or not you want your face sprayed.** If you don't, “we would simply fade the spray tan lightly down the neck to avoid any hard tan lines,” However, “most people have their faces spray tanned because it looks great, and a good spray tan technician can contour the face, chisel around the jawline, add definition to the cheekbones, even make the eyelids darker for a no make-up contoured effect.”

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