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SPRAY TANNING PREPARATION GUIDE

SKIN/NAIL CARE

- It is better if you have nail polish on before your tan, even if it is just a clear coat. Your nails and toenails will be wiped down at the end of your spray tan, and it prevents your nails from staining. If you have acrylic nails or a gel manicure on before your spray tan appointment, the spray tan will NOT ruin your nails.
- It is recommended that you have any facial or body waxing done prior to your spray tan. DO NOT get waxed after your spray tan and before your initial shower.
- Please exfoliate with a non-oil based exfoliant/scrub and shave BEFORE your spray tan. This will remove excess skin and will ensure a more even tan. Shaving the day before your tan is encouraged - if possible - however if you shave the day of your tan that is okay.

LOTION/MAKEUP

- You CANNOT have any lotion, makeup, sunscreen or oil on your skin at the time of your appointment - even if it has been applied earlier in the day.
- We have makeup wipes in the salon if you need to remove makeup prior to your appointment. The makeup wipes at our salon can also be used to remove any lotion you have on at the time of your appointment, however we recommend that for the best results you remove the lotion in the shower or do not apply any lotion on after you get out of the shower before your appointment.

WHAT TO EXPECT

- When needed, wash only the insides of your hands while the spray tan is developing. The most effective way to do this is with hand sanitizer or an antibacterial wipe. If you do not have these available, you can also use a paper towel or towel with soap. Your spray tan specialist will walk you through this process at the end of your appointment.

IMMEDIATE AFTER CARE

- It is recommended that you do not shower for 10-12 hours if you use our original formula and 2-6 hours if you use our express formula. Showering before the 10-

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12/2-6 hour time frame may lighten up your color and impact the results of the spray tan.

- No sweating, swimming, getting wet or exercising until your first shower after your spray tan. Doing so may cause streaks.
- DO NOT wash your face before your first shower. This also goes for not washing any makeup off your face before you go to bed. Sleep with your makeup on!
- There is a bronzer in the solution, which means that you will have some color immediately after you are sprayed. The color will continue to darken as the solution develops. Your color will lighten after you shower off the bronzer. You will see color coming off in your first shower. This is normal. Your spray tan is not washing off, it is just bronzer.

LONG TERM AFTER CARE

- Pat dry after your shower. Vigorous rubbing will exfoliate your skin and your tan will not last as long.
- DO NOT exfoliate with loofas, body scrubs, body washes or soaps with exfoliating beads until your tan starts to fade away.
- DO NOT use scented body washes - such as Victoria's Secret and Bath and Body Works. Non-scented/fragrance-free body washes and soaps are RECOMMENDED. SCENTED BODY WASHES AND SOAPS ARE NOT RECOMMENDED. Aveeno lotions are also NOT RECOMMENDED!
- Limit the shaving of your legs, as this is also a form of exfoliating. You can still shave your legs, however we do not recommend doing it daily.
- Moisturizing helps extend the life of your tan and it helps your tan to fade more evenly. We recommend using a hydrating, non-scented/fragrance-free lotion! SCENTED LOTIONS - I.E. VICTORIA'S SECRET & BATH AND BODY WORKS - ARE NOT RECOMMENDED! Aveeno lotions are also NOT RECOMMENDED!
- Spray tans typically last 4-8 days, however they can last longer or shorter than this. The more you moisturize, the longer the tan can last. You can use any moisturizer, but moisturizers containing self-tanners are not recommended because they can have adverse effects. Any hydrating, non-scented/fragrance-free + alcohol-free moisturizer is recommend!
- It is recommended to moisturize at least once a day, however twice a day is encouraged. You can start moisturizing after your first shower. NON-SCENTED/FRAGRANCE-FREE moisturizer is RECOMMENDED!