

SPRAY TAN PREPARATION INSTRUCTIONS

Preparing for a spray tan is essential to ensure a smooth and even application and to maximize the longevity of your tan. Here are step-by-step preparation instructions for a spray tan:

Exfoliate: Begin preparing your skin by exfoliating it thoroughly 48 hours prior to your scheduled tanning service. Use a gentle scrub or exfoliating mitt to remove dead skin cells, especially in areas prone to dryness like knees, elbows, and ankles. Exfoliating helps create an even surface for the spray tan and prevents patchiness.

Shave or wax: If you need to remove hair, do so 48 hours before your spray tan appointment. Shave ONLY with a razor without a moisture strip. Shaving or waxing after a spray tan can cause uneven fading and streaks.

Hydrate: Moisturize your skin well in the days leading up to your spray tan appointment, especially if you have dry skin. However, avoid using heavy lotions or oils on the day of your tan, as they can create a barrier that inhibits the tanning solution from adhering properly.

Avoid products: In the 24 hours before your spray tan, avoid using any moisturizers, oils, perfumes, or deodorants, as they can interfere with the tanning solution. Also, refrain from using any makeup or skincare products on the day of your appointment.

Wear appropriate clothing: Choose loose, dark-colored clothing to wear to your spray tan appointment. Tight clothing can rub against the tan and cause streaks, while light-colored clothing can become stained by the tanning solution. We provide a disposable bralette and panty/underwear for your tan, if requested.

Remove Jewelry: Take off any jewelry, watches, or accessories before your spray tan to avoid leaving marks on your skin.

Bring Protection: Consider bringing items like flip-flops or loose-fitting sandals to wear after your spray tan to avoid rubbing off the solution on your feet.

Hair management: If you have long hair, tie it up and away from your face and neck. We provide a hairnet to protect your hair from the tanning solution.

Prepare your face: If you wish to protect your face from the tanning solution or if you have sensitive skin, you can apply a thin layer of petroleum jelly to your eyebrows, lips, and the area around your eyes.

Schedule accordingly: Make sure you don't have any strenuous activities, workouts, or events that may cause sweating or exposure to water immediately after your spray tan. It's best to avoid these for at least 6-8 hours after your appointment, or as advised by your tanning technician.

Follow Post-tan Instructions: After your spray tan, your technician will provide you with specific post-tan care instructions. Typically, this involves waiting several hours before showering or sweating, wearing loose clothing, and moisturizing regularly to extend the life of your tan.

SPRAY TAN AFTERCARE INSTRUCTIONS

Aftercare is crucial to maintain the quality and longevity of your spray tan. Proper care can help your tan last longer and fade evenly. Here are some essential aftercare instructions for spray tanning:

Wait before showering: Most spray tans require a specific development time before you can shower. This time can vary depending on the type of solution used, but it's typically around 24 hours. Follow your technician's advice on when to shower. Avoid sweating or getting wet during this time.

Rinse when directed: Most spray tans contain bronzers that are meant to be rinsed off at a specific time after your tanning service. It is important to do so, so your tan develops as intended.

Avoid hot baths or showers: When you do shower, use lukewarm water instead of hot water. Hot water can strip the tan faster. Additionally, use a mild, sulfate-free body wash or shower gel.

Pat dry, don't rub: After showering, gently pat your skin dry with a soft towel.

Moisturize regularly: Keeping your skin well-hydrated is essential for maintaining your tan. Apply a gentle, alcohol-free moisturizer at least once a day, preferably after every shower.

Avoid swimming pools and hot tubs: Chlorine and other chemicals in swimming pools and hot tubs can fade your tan quickly. If you must swim, try to limit your time in the water, and apply a waterproof sunscreen to protect your tan.

Wear loose clothing: Continue to wear loose-fitting, dark-colored clothing for the first 24 hours after your spray tan to prevent rubbing off the tanning solution. Avoid tight-fitting jeans, bras with straps that rub, or anything that might create friction on your skin.

Be mindful of your face: When washing your face, use a gentle cleanser and avoid products with harsh exfoliants. Try to minimize the use of makeup and skincare products on your face during the lifespan of your tan.

Avoid exfoliating: Steer clear of exfoliating products and loofahs for as long as possible to prevent premature fading. When you do exfoliate, use gentle, non-abrasive methods.

Protect your skin: Use a broad-spectrum sunscreen when spending time outdoors.

Remember that spray tans typically last 5-10 days, and the exact duration can vary depending on your skin type, the tanning solution used, and how well you care for your tan. Following these aftercare instructions will help you enjoy a longer-lasting, more even spray tan.