

PRE AND POST SPRAY TAN CARE INSTRUCTIONS

Before your Spray Tan (Pre Tan Care):

- Shave to remove unwanted body hair.
- Exfoliate entire body with mild, oil free exfoliate 1 day prior to your tan.
- Collect the following items if applicable: hair tie, lip balm and black swimsuit or underwear.
- If you shower on the day of your tan do not apply body oils or moisturizer (unless you have severe dry skin) as this can create a barrier on your skin.
- Remove any make up and deodorant.
- Pull hair up and away from face and neck with a hair tie.
- Remove contact lenses, clothing, shoes, and jewelry.

After your Spray Tan (Post Tan Care):

- Within the next 8 hours of your custom spray tan, avoid any activity that would cause sweating: exercise, cleaning, or showering, as your spray tan is developing during these hours. Contact with water or sweat could result in lines or uneven tanning.
- If you choose not to shower, please cover your bed with dark sheets and pillowcases so that any bronzer does not stain your regular sheets.
- Shower after 8 hours with only water and do not scrub on any area that has been sprayed. During the first shower you will see the cosmetic bronzer wash away from your skin. This is completely normal, and is only the cosmetic bronzer (instant tan that you could see after your spray tan). The cosmetic bronzer is used to give immediate tan results. Do not be concerned by this, as your developed tan is still there and will develop more in the next 24 hours.
- While you are drying, remember to pat, not rub your skin.
- Apply a moisturizer with sunscreen in the morning, and a tan extending lotion at night (please ask your tanning technician for more information).

Extending The Life of your Spray Tan: (Post Tan Care):

- Shower with a mild moisturizing shower gel. DO NOT EXFOLIATE! Pat dry.
- The life of your spray tan depends on the care you take of your skin. Moisturize twice a day. Avoid chlorine. The following products have been shown to reduce the number of days that a spray tan will remain on the skin: adhesive bandages, face masks, pore strips, anti-aging or anti-acne products, bar soaps, and hair removal creams,
- If you notice premature fading of your spray tan, you can correct this by touching up your spray tan with a cosmetic bronzer spray-tanning product. Please ask your tanning technician for more information.