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## Care and Feeding of your Spray Tan

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**1 Day before you tan, based on your sensitivity:** plan all hair removal services 24-48 hours before spray tanning. This will minimize possible irritation, and allow open hair follicles/pores to close. This will minimize a dotted tan appearance. We recommend waxing and laser services always be done 48 hours in advance.

**Night before you tan, or day of:** Skin should be clean, dry and well exfoliated before your spray tanning application. Please use a **clear/transparent** GEL soap (brand does not matter, but do avoid DOVE or opaque milky looking products - no bar soap please) Please remove all cosmetics, scrubs, lotions, soaps, hair conditioners, shampoos, hair removal product or shave product residues from the skin. These can coat the skin and effect tan application.

If the skin has been waxed, remove all wax residue. Please use an exfoliation mitt, cloth or glove on all body surfaces, including arm pits, chest, back, focus on dry areas such as knees, elbows, hands and feet.

**Tanning Day:** Showering is recommended to remove sweat, skin oils, cosmetics, anti-persperants, lotions and perfumes from the skin. Skin should be clean, dry, sweat and product free for the best tanning absorption, and even results. Wear a tight dark garment, that you do not mind getting tanning solution on for your spray session. Keep in mind, Nylon, Lycra, Spandex, Silk and Wool may all stain from self-tanning products. Please advise your technical of any known allergies, health concerns or if you are pregnant or breast feeding.

**After your spray session:** During tan development, wear loose, dark comfortable clothing, that will not be damaged from spray tan rub off. Tight garments, jeans, undergarments, socks and shoes can rub against your fresh tan, and create lines. Wear house shoes, loose thong shoes or sandals. Use an umbrella if weather is rainy, and avoid splashing the skin with water.

Please protect car seats, fabrics and leather, or porous surfaces you may sit on, with a towel to prevent staining. Clean toilet seats post use, if needed to prevent stains. Use dark sheets on bedding before your shower, to prevent color guide bronzer transfer stains.

Avoid sweating, or water exposure, post tan for 8 hours, or until your post tan shower. Hands may be cleansed by wiping palms only with a wet cloth or wet wipe. If make-up application is desired, limit products to powder based items only, until post tan shower. If wearing a scented spray or perfume, please spray air (not skin surface) and walk through the cloud, to minimize tan damage. Scented body powders may be used freely.

Avoid touching your freshly tanned skin, during development time. Clean palms if product transfers to them, using alcohol based facial toner, or nail polish remover.

**First Post Tan Shower:** Please shower based on the information provided to you by your Spray Tanning Technician. Your tan will take 24-48 hours approximately to completely darken, no matter which product blend you have used. Color will continue to darken after showering.

During your first shower, you may see a brown tint wash away in the shower water. This is the temporary cosmetic bronzer colorant, that allowed the tan to be seen when first sprayed onto the skin. This is not your sunless tan, but only a cosmetic "guide". It is normal for this to wash away upon showering.

You will see, when viewing your pale tan line, the depth of color of your tan. This will not be the exact tone or darkness, as when the temporary bronzer color was on the skin. This is perfectly normal, as your sunless tan reacts with your unique skin chemistry, creating an individualized color, that is unique to you. Note, do all color checks 24-48 hours AFTER your spray tan application, and AFTER showering to see the true results of your tan.

**Maintaining your Tan:** Regular moisturization will help prolong the wear of your tan. We recommend you apply moisturizer products to damp skin (fresh from the shower) to help lock in the moisture from your shower. Many brands work well, and you DO NOT need to avoid all oil containing products, nor avoid all oils. Many oils can be used without Tan harm, based on the type used, and formulation. Please discuss this with your Tanning Technician.

Avoid all bar soaps which can be drying, and harsh to a spray tan. Many may create a coating on the skin surface, this can alter how a freshly sprayed tan absorbs. Your Tanning technician can advise you of recommended products.

Wash with a mild soft sponge, or shower pof ball or soft wash cloth. Pat skin dry when toweling off. Scrubbing or abrasion on the skin surface will remove some of your fresh tan.

When shaving use and electric razor, or a fresh triple or quad blade razor with new blades and plenty of lubrication to minimize spray tan removal.

Hot tubs, and pool swimming can lighten or remove your tan. Use of a water resistive lotion based sunscreen, and limiting soak time to shorter sessions can help lessen tan fade. Please pat dry when toweling off.

On roughly day 4-5, you can lightly exfoliate skin, and reapply a DHA containing product at home to help maintain and rebuild color. Please speak to your tanning technician about recommended products.

**About once a week or so:** Before your next spray tan visit, please exfoliate the skin per the prep steps above. Try to do this before the tan has fully broken down, or become very patchy. For each person, this day can differ slightly, as it controlled by your skin health, dryness, habits, DHA level used, product used, age. Environment, etc. For most people this is once every 5, 7 or 10 days. During exfoliation, you will not be able to completely remover your tan. This is normal, as some tanned skin is still attached to the skin surface, this can take 2-4 weeks to fully separate.

Rather you are simply trying to lighten, and even out the tan and remove the loose cells that can easily be removed, without harming or irritating your skin.

If you would like to completely remove your tan, this will require repeated exfoliation, paired with tub soaking, and will take a period of days to complete. Please discuss this with your spray tanning technician for additional information.

If you have any additional questions or concerns, please speak with your Professional Spray Tanning Technician.

**Tan Results:** The spray tanning product used by your technician is a Professional Level product. As such, it is not unusual for a technician to make some adjustments of the product and application to customize it for your perfect tan result.

Every person has a unique skin chemistry and amino acid makeup, which will make every tan unique, and specific to you. The color, shade, and appearance will be unique to you, and no two tans, will look identical, even when using the exact same product.

Many things may affect the final color and how a tan works on you, with your individual skin chemistry.

Skins pigment level, health, normal color tone, porosity, oiliness, your age and life style habits, diet, medications used, hormonal fluctuations, hormonal based medications and supplements, menstruation, pregnancy, and breast feeding, menopause as well as other factors can all change the outcome of your tan color, and how well it develops and wears.

Adjustments can be made to provide the optimal tan for you, based on the blend used, skin type, DHA level used, shower off time adjustments, and how your skin works with self-tanning products.

**Please discuss your needs, or any concerns or questions with your technician.**