

# SPRAY TANNING

## TIPS FOR A GREAT GLOW

### PRE-SPRAY TAN PREP

#### PREPARING FOR YOUR TAN:

- DO shower, exfoliate & shave the day of your appointment OR the night before if appointment is the next morning.
- DON'T apply makeup, moisturizers or deodorant.
- DO wear dark/black loose fitting, comfortable clothing & sandals. Whatever you choose to wear, be aware the tanning solution can transfer on it (even if dry) and stain.

#### WHAT TO WEAR TO YOUR APPOINTMENT:

- Females: DO wear an old swimsuit, bra/panties or nothing.
- Males: DO wear old swimsuit/boxers/shorts.
- Keep in mind that you will have visible tan lines immediately.

### POST-SPRAY TAN CARE

Follow these tips to get the most out of your spray tan. The average length of tan is 5-7 days post-spray application if instructions are followed.

- DON'T shower for 8 hours. It is ok to shower 2 hours after the spray tan if you'd like, but the solution (DHA) will continue processing for up to 48 hours. The longer it is on the skin before showering, the richer the color.
- DON'T exfoliate (scrubs, loofahs, etc.) directly after or for the duration of your spray tan (7 days).
- DON'T use oil-based products or Dove soap/soap products.
- DON'T participate in activities that cause sweating after spray tan & during processing time. Avoid strenuous exercise, being outside in the heat, etc.
- DON'T excessively touch/rub your skin.
  
- DO shower with warm (not hot) water, and pat dry.
- DO use a clear gel cleanser.
- DO make sure to moisturize daily to extend your tan.
- DO use waterproof SPF if swimming, this will help repel chlorine and protect skin. Spray tans do not contain SPF and will not protect against sun damage.

QUESTIONS? CALL  
608-358-9088

