

## **PRE AND POST SPRAY TAN CARE INSTRUCTIONS**

### **Pre Tan Care Instructions**

- Shave 24 hours prior to remove unwanted body hair.
- For your appointment, you will need a hair tie, black swimsuit or underwear (cotton), dark loose fitting clothing (for leaving), black flip flops, an umbrella (in case of bad weather), and a large dark towel to place over your car seat to avoid staining. (just in case).
- Shower and refrain from applying body oil, moisturizer and deodorant to skin (unless you have very dry skin-then we can discuss) as these products can create a barrier on your skin. Fresh clean skin is the key to a great tan.
- Refrain from wearing tight fitting jeans, pants, or shorts, or light synthetic fabrics to your appointment. Try a loose black dress or sweat pants.
- It is advisable to wear flip flops to and from your spray tan appointment.

### **5 Minutes Prior to your Spray Tan**

- Wipe skin with pre spray tan wipes to remove any excess body oils or products from the skin. (Karin will provide)
- Remove make up and deodorant (if necessary) with baby wipes.
- Pull hair up and away from face and neck with a hair tie and cover with a hair cap.
- Remove, clothing, shoes, and jewelry.
- Change into your swimsuit or client disposables.
- Insert nose filter into nasal openings (Karin can provide if you choose to wear them)
- Apply barrier cream to elbows, knees, ankles, hands and tops of feet.

### **Post Tan Care**

- Avoid any activity that would cause sweating as your spray tan is still developing at this time. Contact with water or sweat can result in lines or uneven tanning.
  - If you choose to sleep in your spray tan, cover your bed and pillow case with a dark sheet or towel so bronzer does not get on sheet or pillowcase.
  - After 8 hours, shower normally. You will see some color wash away from your skin. This is completely normal, and is only the bronzer (instant tan that you could see after your spray tan). The bronzer is used to give immediate tan results and helpful for Karin to see where she is spraying. Do not be concerned by this, as your developed tan is still present.
  - Wash with a mild, moisturizing shower gel and a gentle bath poof.
  - While drying, remember to pat, not rub your skin.
- Apply an oil free moisturizer along with sunscreen in the morning, and a tan extending lotion at night (please ask your tanning technician for more information).

### **The Life of your Spray Tan**

- The life of your spray tan depends on how you care for your skin. Moisturize twice a day and wash gently.
- If at all possible, avoid contact with chlorine or excessive sweating as both can lead to premature fading of a spray tan. If you notice uneven or premature fading of your spray tan, you can always correct this by touching up your spray tan with a 'Tan in a Can' spray tanning product. Please ask Karin for more information.