



Skin replaces itself naturally every 28 days. Twenty-five percent of skin is exfoliated each week, causing a UV to wear away. Sunless spray tans affect only the top 25 percent of skin. Sunless tanners should use a tan-extending program to maintain the level of the sunless tan longer.

Preparation

24-48 Hours Prior to Your Spray Tan (Pre-Care)

- Schedule your manicure, pedicure, facial, waxing and hair appointments. Blow Dry's are only recommended to be done either prior to spray tan or AFTER your first rinse.
- If you are going to shave or wax (recommended) before spray tanning, do it a day before, since you need the pores to close properly after hair removal. If they don't, excess spray tan solution can lodge in those pores and that will give you a spotty look.
- Exfoliate, exfoliate, exfoliate! I cannot stress the importance of pre-session exfoliation. 24 hours prior to your spray tan, exfoliate with an oil free, gentle soap and exfoliating glove or sponge.

Day of Spray Tan (Pre-Care)

- Take a basic shower the morning of your spray tan.
- Do not apply lotions, creams, or perfumes prior to session. Use deodorant very sparingly, as a harmless green tint can appear when solution and deodorant mix.
- Wear dark, loose fitting clothing and open toed sandals, flip-flops if possible. Tanning solution will wash out of most fabrics, but may stain nylons, Lycra and silk. Cotton is recommended. While your tan is developing, you do not want clothing or footwear that will rub against the skin.

Upon Arrival

- Wipe face and body with provided steamed towel to remove any excess body oils or products from the skin.

- Pull hair up and away from face and neck with a hair tie and cover with a hair cap (optional, but recommended on blond or color treated hair, as temporary staining can occur).
- Change into a bikini, underwear, swimsuit, or your birthday suit! Going topless or nude is totally acceptable too. Wearing a swimsuit, I recommend a dark, older swimsuit.
- Apply lip balm over lips.

After Spray Tan (Post Tan)

- Cover your car seat with a dark or black towel to prevent sweating and streaking.
- Avoid wearing a bra, socks or other restrictive clothing immediately after your spray tan session. The looser fitting the better to avoid any streaking as the tan is developing.
- Refrain from showering if possible, 6-8 hours minimum, but overnight is best. My regular clients use old sheets to sleep on the night of their tan, just in case the temporary bronzer rubs off on your sheets during the night. It will wash out, but just be aware this may occur.
- Your first shower post spray tan should be just a rinse (no soap). You will notice the temporary bronzer washing away, leaving you beautifully bronzed underneath. Your tan will continue to develop even after the shower, so do not be alarmed if you're not as tanned as you expect to be, it will continue to develop over the next 24 hours. From this point on hydration is the key!

Sunless-Tan Maintenance

- Pat Dry
- Moisturize twice a day to extend the life of your spray tan.
- Soft Moisturizing Crème. Avoid moisturizes with AHA. (Alpha Hydroxy Acid) as this ingredient promotes exfoliation. Also avoid any type of DHA product that has a self-tanner (can potentially cause yellow tone).
- The life of your tan will depend on the frequency of your workouts, showers and your skin's exposure to chlorine and salt water. If you plan on swimming, apply a thick layer of sunscreen lotion, as this puts a barrier between your spray tan and the water.
- It is recommended not to shave skin till day 3 after sunless tan application, because this is also a form of exfoliation.

- We recommend that after every five weeks of spray-tanning, let your skin rest for 10days. I recommend a body scrub at a professional place.

- Healthy, hydrated skin will retain the results of your sunless tanning session longer. Results will vary by individual.