



## **PRE AND POST INSTRUCTIONS FOR SPRAY TANNING**

### **Pre-Tan Instructions**

- DO NOT apply any perfume to areas that will be tanned (i.e., neck or wrist).
- Remove make-up, moisturizer, perfume and deodorant before your application.
- It is recommended that you wear dark loose fitting clothing. Solution washes out of most clothing very easily but tends to stain nylon and Lycra materials; therefore dark colored underwear is recommended.
- Exfoliate and shave the day before the spray tan. Do not exfoliate with an oil base product.

### **Post-Tan Instructions**

- Leave your tan for at least 5-6 hours (overnight if possible) before showering or taking a bath. This allows your tan to develop. On some skin tones, the DHA in the spray tan will cause it to get a green hue once it is ready to be removed.
- Avoid wearing socks or shoes after your tanning session as sweating can inhibit the development of your tan.
- Avoid applying moisturizers or deodorants at least 5 hours after the tan.
- Avoid wearing tight clothing for at least 5 hours. This includes tighter-fitting jeans.
- All swimming, showering and vigorous exercise must be avoided for at least 5 hours as this can inhibit the development of your tan.
- DO NOT shave for 12 hours after your treatment.
- Beware wearing long boots after tanning as these can make your tan patchy on your legs.

### **Maintaining the Tan**

It is recommended you follow these general guidelines to maintain your tan:

- Moisturize regularly with the sunless tan extender. Avoid long hot baths and showers as these will speed up exfoliation/removal of your tan.
- Pat your skin dry after a bath or shower. Rubbing your skin may rub off your tan.
- Avoid swimming pools or seawater as these can reduce your tan.
- ASK US about products to maintain and PROLONG your spray tan!