



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!