



Tanning Recommendations (what to do before you tan)

Step 1 (The day before your tan)

Shave all areas that you normally shave. **DO NOT** shave the day of the tan to prevent minor spotting
Exfoliate with scrub gloves or preferred product. Ensure you don't have any areas that are peeling from sunburn or other reasons. If there are areas peeling when tan applied as skin peels the tan will go with peeling skin and cause blotchy areas. or one of our recommended skin products.

FOR BEST RESULTS USE NON MOISTERIZING SOAP OR WASH! NOTE: DO NOT USE DOVE PRODUCTS ESPECIALLY DUE TO THE PH INTERFERS WITH COLOR COMPONENT IN SPRAY AND MAY CAUSE An ORANGE HUE ONCE DEVELOPED.

Step 2 (The same day you receive your tan)

DO NOT use any body lotion, body cream, make up or perfume the day you will be tanning

DO NOT shave the day of the tan to prevent minor spotting

DO NOT wax any areas of your body including your face the day the day of your tan

DO NOT put on any under arm deodorant (powders or lotions)

Wear dark, loose fitting clothing (NO tight fitting clothing, socks, or tight fitting shoe apparel)

Cotton clothing is optimal (tanning bronzer stains will wash out of most cotton clothing)

Please bring a bathing suite or underwear or other suitable tanning attire

Tanning Recommendations (what to do after you tan)

Once your tan is applied, **allow it to dry completely** (we will ensure that your application is dry)

We recommend that you wear dark, loose fitting clothing after your appointment

Any minor rub-off will easily wash out of most fabrics

Do not wet your skin for at least 6 to 8 hours after the tanning session.

No shower or bath for at least 6 to 8 hours (it is best to wait until the next morning)

Your tan will last longer if you **DO NOT** bath or shower the same day of your tan.

We also recommend that you **do not exercise or perspire excessively** until the next day after your tan

Avoid touching or rubbing any tanned areas

All tanning colors will wash out of clothing and bedding

When you do shower or bath **DO NOT** scrub your body with a wash cloth, use puff loofah and body wash (NO DOVE SOAP)

When showering or bathing **DO NOT** be concerned if some of the initial bronzer wash off

This is part of the spray on tanning process, and your skin will continue to tan.

DO NOT exfoliate the skin for 7 days after tanning

Daily use of our recommended Body Lotion such as Lubriderm or similar is recommended to extend the results and prevent skin from looking scaly and tan separation.

Your tan will naturally fader over a period of days (each tan should last about 7 to 10 days)

Spray tan does **NOT** contain sunscreen and will not protect you from the sun's UV ray