



SKIN PREP + MAINTENANCE GUIDE

PREPARATION

- Showering should be done at minimum 4 hours prior to your appointment (12-15 hrs. is optimal.)
A hot shower will open up the pores of your skin and leave them hydrated which adversely results in the skin not absorbing the airbrush tan fully (causing a lighter tan.)
- It's imperative to shave and **exfoliate** your skin 24 hours PRIOR. I recommend using exfoliating gloves- not loofahs (they simply just work a lot better.) If you're going to use a scrub, use one that doesn't contain any mineral oils as they will block your tan from developing properly. (If you condition your hair, do so before exfoliating!)
- Waxing should be done 1-2 days before your appointment. The left over residue will block the absorption of the tanning solution.
- Manicures/pedicures, massages, facials should be done approximately 12-24 hours before your appointment.
- Clean, residue-free skin tans best! Please arrive with no deodorant, perfume, lotion, or make-up on. Again, they act as a barrier that will prevent your tan from optimal development.
- WHAT TO WEAR DURING: you can wear whatever you feel comfortable in. Most people wear an old bathing suit bottom and strapless top. You can also wear underwear/thong or go totally nude. After your airbrush tan you will want to wear loose dark fitting clothes. Tight clothing can rub or smear the bronzer especially around the knees, elbows, chest, and waist. Do not wear socks as you can get a sock line!

MAINTENANCE

- Avoid getting wet or sweating until after your first shower. Use rubber gloves if you have to use the sink for anything. Water/sweat can hinder the development of the spray tan causing streaking and areas of the tan to actually come off so please wait until suggested time.
- After your spray tan session, you may shower after 8 hours unless you choose the Rapid Tan option which enables you to shower within 4 hours. If this is your first time, know that you will see the cosmetic bronzer coming off while rinsing but the actual tan itself will not so don't worry!!
- Be sure to blot your skin with a towel when drying off. Do not rub! *Anything that exfoliates the skin will remove the tan.*
- Wait at least 24 hours before shaving- the more you shave the faster the color will fade so keep it to a minimum and be sure to use a new razor.
- Moisturize at least 2x per day to maintain the appearance of your color and its longevity. Most lotions sold at drug stores or the mall may smell great but contain alcohol, sodium lauryl sulfate, parabens, and other harsh ingredients that are not good for the skin or your spray tan. Hempz works great and can be purchased at Ulta.

I always keep moisturizers in stock that are available for purchase that maximize the life and quality of your sunless color!

- **COMPLETELY avoid DOVE soap before and after your spray tan or any bar soap for that matter. As they interfere with the development and appearance of your color.**
I strongly recommend only of the following shower gels: 'Kiss My Face', ' Burt's Bees, or Norvell
- Avoid use of sunscreens that contain oil or alcohol as both ingredients will strip your tan almost immediately. Stick to natural SPF lotions.