

Spray Tanning Guide: Before, During & After

Please review the following instructions for maintaining your spray tan. If you have any questions or concerns, *please ask!*



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Get Glowing - Tips for the Perfect Spray Tan!

Planning & Prepping for Flawless Results:

- **Prep your skin:** Schedule any waxing, shaving, or exfoliation at least 48 hours before your tan to avoid irritation and ensure an even application.
- **Clean canvas:** Arrive with clean, bare skin. Ditch the deodorant, lotions, and makeup 8 hours before your appointment for optimal absorption.
- **Comfortable & color-conscious:** Wear loose, dark-colored clothing (think sweats or dresses) and flip-flops to avoid tan lines and discomfort.

During Your Tanning Session:

- **Relax and let the magic happen!** Your technician will guide you through the process for a personalized glow.

Afterglow Care: Keeping Your Color Vibrant:

- **Embrace the dry spell:** Avoid all water contact, including rain, for the recommended time (artist will advise).
- **Rinsing with care:** At the specified time, use warm water only (no soap) for your first shower. Rapid solutions may feel lighter initially, but the color develops within 24 hours.
- **24-hour moisturizing boost:** After 24 hours, shower normally, but skip harsh loofahs or scrubs. Pat dry gently and moisturize twice daily with oil-free lotion to extend your tan.
- **Sun protection is key:** Always wear oil-free SPF when outdoors to protect your skin and tan.

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Tan-Fading Faux Pas:

- **Harsh skincare:** Avoid skincare products with salicylic acid, accutane, or anti-aging properties that promote cell turnover.
- **Sticky situations:** Steer clear of bandages, medical adhesives, and alcohol-based products.
- **Oil is not your friend:** Skip mineral oil-based products and opt for oil-free alternatives.
- **Exfoliation nation:** Hold off on harsh scrubs and focus on gentle moisturizing.
- **Sizzle & soak with caution:** Limit hot tubs, pools, saltwater, and bar soaps (especially Dove) as they can fade your tan.

Bonus tip: Pamper your tan with **Perfect Glow Sunless Aftercare** for extended radiance!



By following these simple steps, you can achieve a beautiful, long-lasting spray tan and enjoy your sun-kissed glow confidently. Remember, communication is key! Be sure to discuss any concerns or preferences with your spray tan artist for a personalized experience.



Brittney Holstege

- Stylist
- Spray Tan Technician
- Brazilian Blowout Certified
- Salon Coordinator



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