

# SPRAY TANNING GUIDELINES

PRESENTED BY: SUNSATIION TANNING SPA

## BEFORE CARE

- 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 several hrs before the spray tan. Do not exfoliate with an oil base product. The best to use is Giovanni Microderm or basic baking soda

## AFTERCARE

- Leave your tan for at least 7 hours (overnight if possible) before showering or taking a bath. This allows your tan to develop.
- Avoid wearing socks or shoes after your tanning session as sweating can inhibit the development of your tan.
- Avoid applying moisturizers or deodorants.
- 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.

Remember: When you take a shower or a bath you will probably see some color wash off. You want to take a washcloth and scrub the remaining bronzer off without exfoliating. The bronzer is only a color guide that the spray tan technician uses when the tan is applied. You will be left with a gorgeous tan.

## 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 speed up exfoliation.
- 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.

Sunless tanners contain DHA (dihydroxyacetone) which reacts with the amino acids in the top (dead) layer of skin. DHA reacts with amino acids to make bronze-colored melaninoids. Sunless tanners are great for people with Rosacea who want to hide the pink and red splotches caused by a flare-up. It is also a miracle worker for those with Vitiligo, although they may need to tan as often as every other day, depending on skin color. Scars - if they get any color at all it's usually light. The newer the scar, the less tanner it will absorb. Old stretch marks will be covered by airbrush tanning. Your tan will not fully develop for 24 hours. It is recommended that you wait at least that long before getting a 2nd spray. You may get darker than you think. Wait 6-8 hours after your tan to shower off your guide color. The longer you leave it on, the better. Moisturize your airbrush tan every day, twice a day if you have dry skin.

CLIENT SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_