



## Pre and Post Spray Tan Care

### Pre Spray Tan Care:

Shave or use depilatory cream to remove unwanted body hair. Exfoliate your entire body with mild, oil free exfoliant. Shower, but do not apply body oils or moisturizer to skin (unless you have very dry skin) as this can create a barrier on your skin. Wear clothing (cotton) to and from your appointment that are dark in color, preferably black and loose fitting to avoid staining your clothing after your spray tan.

### Day of Pre Tan Care:

Remove makeup and deodorant. Pull hair up and away from face and neck and cover with a hair cap. Remove clothing, shoes, and jewelry. Change into your swimsuit or client disposables. We will apply chapstick to lips. Apply barrier to ears, elbows, ankles, hands and tops of feet.

**DO NOT get skin wet or sweat for 24 hours after spray tan.**

\*\*Tan will become 50 % darker over the next day.\*\*

### 24 hours after Spray Tan:

Apply coconut oil or a very hydrating lotion over the entire body BEFORE showering. Do not scrub in shower. Wash under arms and privates with soap. Lightly wash rest of body without scrubbing. Pat dry with a towel and IMMEDIATELY apply coconut oil or hydrating lotion after shower to lock in moisture (this is KEY to a lasting, even tan). Apply oil/lotion daily after tan.

**We want you to have an outstanding result. If you have any questions or unexpected concerns, please call the office for assistance. A physician can always be reached after hours for urgent issues.**