



Tropical Tanning

Discover your darker side

SPRAY TAN PREPARATION AND INSTRUCTIONS

- **Wear loose fitting clothing** – Loose fitting clothes, such as a T-shirt and flip flops ensure that none of the freshly applied spray tan formula rubs off. Avoid denim, yoga pants, and bras to avoid lines or discoloration.
- **Exfoliate at least 4 hours before your appointment** – A few days prior to your tan application, do a full-body scrub and moisturize. Exfoliating or shaving several hours ahead of your appointment also gives your pores time to close and avoid discoloration. Use oil-free exfoliants. The skin should be clean and dried before getting spray tanned.
- **Shower several hours before your spray tan** – If your skin is wet and your pores are exposed, the spray tan formula will not adhere to your skin properly, leaving you with a patchy discolored tan. Finish your shower with a cold rinse to close your pores.
- **Avoid moisturizers and other beauty products** – Come to your appointment with clean skin. After your shower, do not apply lotions, sprays, deodorant, etc. Moisturizers and makeup are likely to prevent the spray tan formula from sticking and absorbing into your skin.
- **Complete all other beauty services first** – Be sure to take care of all other beauty services, such as waxing, manicures, facials, and massages before your appointment. Otherwise, your gorgeous tan will rub right off.

- **Book your appointment 2 days before your event** – Your skin needs time to fully absorb the spray tan. Before a big event, give your body 2-3 days to adjust to the tan in order to ensure your skin glows in the spotlight. Your first rinse should be with lukewarm water, no soap, to ensure you are removing excess bronzer only and to avoid streaks. Twelve hours after, start applying lotion and ensure to hydrate!
-

SPRAY TAN AFTER CARE

- Avoid working out or sweating until after your first shower.
- For best results, wait 24 hours for your first shower. Rinse with warm water only. Use sulfate free body wash to cleanse your skin, this will avoid stripping your colour (sold at salon). Cosmetic excess will rinse off, not your tan.
- Moisturize daily to improve longevity of your colour, recommended morning and night. Ask your spray tanning technician for recommended moisturizers.
- Make sure to wait 12 hours after your first shower before moisturizing; this will allow the colour to keep developing. For best results use tan extenders such as: Australian Gold's Hemp Nation Collection or Swedish Beauty's Forever Fun Collection. Hydration is essential, including drinking lots of water on a daily basis.

Things to avoid: doing dishes, getting wet in the rain, swimming, daily showering with heavy body washes or exfoliators. These will affect your spray tan results!