

How to Prep for Your Spray Tan Session

Spray Tan Before Prep

Shower

Why: Clean skin helps the tanning solution adhere better.

Tip: Avoid at-home waxing, as it can leave residues that hinder the tanning process before your session.

Shave and Exfoliate Your Skin

Why: Shaving and Exfoliating removes dead skin cells, ensuring an even tan.

How: Remove dead skin cells by exfoliating your skin 24-48 hours before your session. This helps the tanning solution adhere evenly. Focus on dry areas like elbows, knees, hands, feet, and the backs of your ankles and use an oil-free exfoliant to avoid creating a barrier on your skin.

Avoid Moisturizers and Makeup

Why: These products can create a barrier that prevents the tanning solution from absorbing properly.

How: On the day of your appointment, come with bare skin—no lotions, deodorants, perfumes, or makeup. Manicures/Pedicures should be done the day before.

Wear Loose, Cotton Clothing

Why: Tight clothing can cause sweat, which could rub off the tan or cause unevenness.

How: Choose loose-fitting clothing, preferably dark cotton long sleeved and bring flip-flops to wear post-session. Silk clothing is not recommended.

Spray Tan After Care

WAIT 6-8 hours before getting your skin wet.

Why: Allows the tan to fully develop.

How: Avoid showering, sweating, or getting wet for at least 6-8 hours post-session.

Avoid Aggressive Products

Why: Products with harsh chemicals can strip the tan.

How: Use mild, sulfate-free soaps and avoid petroleum-based products.

Moisturize Regularly

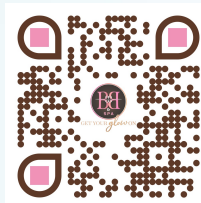
Why: Keeps your skin hydrated and prolongs the tan.

How: Apply a tan extender or hydrating lotion daily.

***TIP* Gentle Wash:** When you do shower, use a mild body wash and avoid scrubbing your skin. You might see some bronzer wash off; this is normal. The actual tan will continue to develop.

Avoid Pools and Saunas

Why: Chlorinated water and high heat can shorten the lifespan of your tan.



Bronze Boutique & Spa