

SPRAY TAN

Aftercare instructions



Aftercare is crucial to maintain the quality and longevity of your spray tan. Proper care can help your tan last longer and fade evenly. Here are some essential aftercare instructions for spray tanning:

Following your appointment (day of):

1. Wear dark, loose clothing and try to avoid socks and tight footwear. If possible, wear sandals.
2. Avoid touching your skin with your bare hands or hugging anyone. As much as possible avoid carrying heavy bags over your shoulder or placing any pressure on the skin.
3. Your technician will give you a recommended rinse time based on your skin tone and desired results. It will be between 1-4 hours if a rapid solution is used, and 8-12 hours if using a classic solution. Avoid getting wet until you rinse. This includes washing dishes, cleaning, bathing children etc.
4. At the recommended rinse time, shower using water only. Rub the skin all over your body using only your hands in a circular motion (no washcloths or brushes). Don't forget your back! The water will have a brown tinge as the bronzer is rinsed off. You can stop rinsing once the water runs clear. Do not wash your hair.
5. Pat dry with a towel. Avoid rubbing the skin.
6. Do not use any soaps or moisturizers for the first 12 hours.
7. Do not exercise or excessively sweat for at least 12 hours.

The next day and beyond:

1. Shower as normal using soaps and shampoos. Try to use products free of mineral oils.
2. Continue to pat dry and avoid rubbing your skin with a towel.
3. Moisturize, moisturize, moisturize! Aim for twice a day or more to extend the life of your tan and remember to use lotions that are free of mineral oils.
4. Exercise as normal.
5. Some clients may notice transfer of the bronzer onto clothing, sheets or towels for up to two days. This does rarely occur, but if it does, the bronzer will come off in the laundry with normal washing.

Remember that spray tans typically last 5-10 days, and the exact duration can vary depending on your skin type, the tanning solution used, and how well you care for your tan. Following these aftercare instructions will help you enjoy a longer-lasting, more even spray tan.