



Pre and Post-Spray Tanning Care Instructions

PRE-TAN CARE:

24 Hours Prior to your Spray Tan

- Shave or use depilatory cream to remove unwanted body hair
- Exfoliate entire body with mild, oil free, non-abrasive product. Beach House Tanning Salon offers wonderful Hempz exfoliating products.

8 Hours Prior to your Spray Tan

- Shower, but do not apply body oils or moisturizer to skin, as this can create a barrier on your skin
- Wear clothing that is dark in color, preferably black and loose fitting cotton, to avoid excess contact or staining to your clothing after your spray tan.
- Do not wear tight fitting jeans, pants, or shorts, or light synthetic fabrics.
- It is advisable to wear dark flip flops to and from your spray tanning session.

5 Minutes Prior to your Spray Tan

- Wipe skin with pre spray tan wipes to remove any excess body oils or products from the skin
- Remove make up and deodorant with baby wipes
- Pull hair up and away from face and neck with a hair tie and cover with a hair cap
- Rub a small amount of hair conditioner along your exposed hairline to prevent discoloration
- Remove contact lenses, clothing, shoes, and jewelry
- Apply barrier cream to ears, elbows, knees, ankles, hands and tops of feet

POST-TAN CARE:

6-8 Hours after your Spray Tan

- Avoid any activity that would cause sweating; exercise, cleaning, or showering, as your spray tan is developing during these hours. Contact with water or sweat could result in lines or uneven tanning.
- If you choose to sleep in your spray tan so that it darkens overnight, please cover your bed with dark sheets and pillow cases so that any bronzer does not stain your regular sheets
- In order to preserve your tan, we recommend that you avoid doing a spray tan on rainy days as the rain can cause spots or stains to appear on your newly applied tan.

8 Hour after your Spray Tan

- Shower normally. You will see some color wash away from your skin. This is completely normal, and was only the color guard (instant tan that you could see after your spray tan). The color guard is used to give immediate tan results, but also so that the technician may see where they are applying solution. Do not be concerned by this, as your developed tan is still there.
- Wash with a mild, moisturizing shower gel and a gentle bath poof
- While you are drying, remember to pat, not rub your skin
- Apply a tan extending lotion at night (please ask our Associates for more information).

The Life of your Spray Tan

The life of your spray tan depends on the care you take of your skin. Moisturize twice a day. The following products have been shown to reduce the number of days that a spray tan will remain on the skin, so try to find alternatives or simply avoid these products until just before your next spray tanning session.

- Band Aids, Face Masks, or Biore Pore Strips
- Anti Aging or Anti Acne products
- Bar Soaps
- Hair Removal Creams and Shaving

If at all possible, you should try to avoid contact with chlorine or excessive sweating inside of closed toed shoes, as both can lead to premature fading of a spray tan.