

# SPRAY TAN PREP & AFTERCARE

Please read thoroughly as the prep and aftercare is crucial to getting the quality results that you are paying for!

## PREP

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**1) Shave & exfoliate 24 hours before your spray tan.** NOT right before your appointment. Showering, shaving or exfoliating right before your appointment will close your pores and not allow the tan to properly and fully process onto the skin. This can result in a lighter tan than normal and can cause beading on the skin as well. You will be wasting your money if you do this directly before a spray tan! I recommend using exfoliating gloves rather than a washcloth or loofah (those don't do a great job) and you can buy them cheap on amazon or at the dollar store!

## **2) EXFOLIATE WITH AN EXFOLIATING GLOVE NOT A SCRUB!**

Refrain from any scrubs that contains oils unless it is more than 24 hours before the appointment. Oils can leave a film on the skin that can create a barrier and possibly block the spray tan absorption in areas where it remains. That will result in a streaky or patchy tan. Exfoliation is important so the skin can be a clean even canvas.

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**3) DO NOT have on any existing self-tanner or an old spray tan on!**

This will alter the results in your spray tan and will likely turn out unnatural looking from the combined mixtures.

**4) Be sure to do any waxing 48 hours before your appointment.**

Shaving alone is ok to do 24 hours before but if you are getting a wax on your legs, bikini area, arms or stomach, it needs to be done 48 hours prior to your appointment. This does not include facial waxing unless you are getting dermaplanned which would need to be 24-48 hours prior as well.

**5) NO oils, makeup, lotions, perfumes or deodorant the day of your appointment.**

This can cause streaking, turn your skin green or prevent the color from being absorbed. Please make sure any and all are completely washed off before coming to your appointment. If you are working or have something going on where you must have makeup or deodorant on before your appointment, please let me know so I can be sure to give you a wash cloth and makeup wipe to wipe off makeup and deodorant.

**6) Be sure to schedule a trial before getting a tan for the first time with me if it is for a special occasion.**

This is very important as we want to make sure you are getting exactly what you want whether its for prom, your wedding or photos. My tans are so customized but also have so many options.

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**7) Be sure to get any manicures, pedicure, facials or massages before the session!** Be sure to plan any massages or water activities several days before you plan on getting spray tanned. If you did any facials, massages, mani, pedis after your spray tan, it would be very harmful for the tan and will cause fading and patchiness in certain areas. Do all of this well BEFORE SPRAY TANS. This is also important to do well before your appointment because you will want to make sure any of the products they used on your skin is well washed and scrubbed off at least 24 hours before getting tanned.

**8) Refrain from Dove soap or any fragranced products before and after the tan.** They are known to cause the tan to fade quicker, become very blotchy as well as turn your spray tan orange. So many problems occur from a client using Dove soap products.

**9) Do not plan to get any part of your skin wet or sweat for at least 8 hours after your spray tan.** This includes washing your hands.

**10) Wear loose, dark clothing. Sweatpants, or long, loose pants is ideal with sandals or flip flops. DO NOT wear tight clothing.** Wearing yoga pants or jeans can move your tan around and cause it to develop like that. Wearing shorts or a short dress is NOT ideal either as you can risk it rubbing off onto your cars seat and not developing on the back of your legs. This may risk creating streaks on your spray tan if its before you have rinsed. If you plan on getting spray tans frequently, pack a spray tan bag in your car with a change of clothes and essentials.

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**11) There are several options as far as undergarments for your spray tan appointment.** The most important thing is for you to be comfortable! I, as the professional, am just here to make you feel comfortable while getting sprayed and of course to give you the GORGEOUS glow you came for! Here are some common options people go with!

- Wear your own underwear(Ideal) (Thong for less tan lines) OR
- I also have disposable thongs can use

OR

- Wear a dark colored bra or bikini

OR

- Most people don't want tan lines around the chest area and get sprayed topless.
- You can also choose to get sprayed completely naked if you wish to have no tan lines. Men must wear at least a sock to cover themselves!

## AFTERCARE

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**1) DO NOT SHOWER, BATHE, SWEAT** or get any part of your skin wet for at least 8-10 hours after your spray tan depending on which one you get. If you do not wait the recommended time it can prevent the tan from fully developing.

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2) It is ideal to purchase the proper prep and aftercare products made specifically for airbrush tanning to extend the life of your spray tan as well as give you optimum results. Please let me know if you would like me to place an order for you for any lotions, tan extender, exfoliating mitts ect!

3) Do not let pets lick the spray tan while it is processing. I know this sounds funny! But they always try to do this for some reason.

4) Avoid shaving your legs even after you rinse as this is basically stripping your tan. Wait at least 2-5 days before shaving again as shaving can cause fading.

5) When rinsing your tan be sure to immediately start lightly rubbing your skin head to toe as soon as the water touches your skin! **DO NOT BATHE YOUR TAN ON THE FIRST RINSE. SHOWER ONLY FOR THE INITIAL RINSE.**

I advise to quickly and swiftly graze the skin with just your hands all over and then starting at the top again to do a more thorough rinse with still just using your hands and water. This is crucial to avoiding streaks and patchiness. It's important to do light pressure but still being thorough enough. There is definitely a happy medium when rinsing! I always will give a demonstration on my arm for the amount of pressure to use when rinsing your tan.

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**6) DO NOT USE SOAP OR WASH/CONDITION YOUR HAIR ON THE FIRST RINSE.** If there was any left over deodorant that was on while you were being sprayed and it turned green, make sure that the water alone got the green out. If it did not, it is ok to lightly rub the green areas with mild soap.

**7) When getting out of the shower you should BLOT/PAT your skin with a towel.** Pat dry and **DO NOT RUB!** Remember, the spray tan is applied to the outer layers of the skin. You will want to treat it delicately. Anything that exfoliates the skin will remove the tan.

**8) Moisturize the skin a minimum of 1-2x a day with the proper aftercare lotions.** Doing this will not only keep your skin hydrated, it will help avoid your skin from cracking. A spray tan is only applied to the canvas that you bring! So, if your skin is dry and cracking, it is inevitable that your tan will crack too. I recommend either Hempz original herbal body moisturizer, Aveeno Active Naturals Daily Moisturizing lotion, Vaseline intensive care body lotion, cocoa radiant or ask me if you'd like me to place an order for you for lotions and/or tan extenders sold by the companies I use that are made for the specific solutions I use.