

## How to Maintain Your Spray Tan

Spray tans typically last up to seven days or more **if cared for correctly**. To maintain your tan, make sure that you moisturize, and use the CORRECT products. Using the wrong products will cause your tan to fade quicker than normal.

### Before Your Appointment

- Make sure to exfoliate your whole body at least 8 hours before the appointment. Spend a little extra time on elbows, knees, feet, and hands.
- Shave at least 6 hours before your session. Shave with soap and water only. Shaving creams usually contain lanolin oil which can act as a barrier to the tanning solution.
- Only use light weight moisturizers 2 hours prior to your tan. No heavy oils or greasy lotions.
- Be sure to drink your water! Hydration is the key to a good foundation for a tan.
- If you are Pregnant or Nursing please consult with your doctor prior to appointment.
- No waxing services 24 hours before appointment.
- If you wear eyelash extensions please note that spray tanning can effect their retention. Please have your eyelashes done 24+ hours before your tanning appointment.

### What Is Provided

- Disposable panties, strapless top, nose plug, and shower cap. You are welcome to wear an **old** bathing suit or your own bra or underwear, however the tannin solution may stain a light colored garment. You can also tan completely naked or topless depending on your comfort level.
- Bring airy, loose, dark clothing and flip flops to wear home after service.
- Do not wear makeup to your appointment.

## **After Care**

The following is a list of body care products that will have a fading or blotchy effect on your spray tan. NO, NO, NO!

- AHA products like Retin-A, anti-aging products that exfoliate skin like glycolic acid. BHA products such as salicylic or benzoyl peroxide commonly found in face wash, facial masks, or exfoliating scrubs.
- Body Hair Bleach Products.
- Toners containing Alcohols or Witch Hazel can lighten tan.
- Body spray, perfumes, and bug spray when sprayed directly on skin. If applying these products, it is recommended that you spray your clothing, or spray into the air then walk through.
- Products that contain acidic ingredients like orange, lemon, or pomegranate.
- Exercising often or large amount of sweating can cause your tan to fade faster, especially in body fold areas like between the breasts, back of knees, etc. Baby powdering before a work out can decrease the chances of this. You might need to purchase an "at home" tanning touch up lotion for in between tans. Don't work out or partake in activities that will make you sweat for at least 24 hours after your tan.
- Submersion in hot tubs, hot springs, baths, or swimming pool will fade your tan. Short showers are recommended.
- Don't use a loofah, mitt, washcloth, or body scrub.
- No waxing, shaving, or depilatory hair removal products after spray tan.
- Avoid doing activities like dishes or watering plants for up to 4 hours after tanning appointment.
- No nail services, facials, or massages.

## **After Your Tan Is Done**

Once your tan has run its cycle, you can mix lemon juice and sugar to use in the shower to buff away the last remaining traces of the tan.

*What to expect after your tan.*

You will feel really dark as the tan develops. Don't be alarmed this is due to the bronzers in the formula so the technician can see where they are spraying. You choose your level of darkness.

Leave on for:

1 hour= light

2 hours= medium

3 hours= dark

When you are ready, take a tepid brief rinse shower. No soap. Lightly pat dry. You will see all the bronzer rinse off, totally normal! Your tan will then develop over the next 8 hours.

Please note this will not protect you from the sun. It is still very important to wear sunscreen.

**Norvell Spray Solution is: Gluten free, paraben free, and nut allergy free.**