

Care Instructions

There are a few simple steps you must follow in order to achieve a flawless tan and have a wonderful spray tanning experience. Preparing for your spray tan can be the deciding factor in your results. If you follow the instructions below, you'll have a beautifully bronzed tan that will last for days.

24-48 Hours Prior to Your Spray Tan (Pre Care):

Schedule your manicure, pedicure, facial, waxing and hair appointments.

Shave legs.

Exfoliate, exfoliate, exfoliate! I cannot stress the importance of pre-session exfoliation. 24 hours prior to your spray tan, exfoliate with an oil-free body scrub. Use an exfoliating wash such as our Aviva Inspires™ Deep Clean Pecan Shell Exfoliant or an exfoliating mitt to remove dead skin cells or old spray tan solution. This promotes even coverage and lengthens the duration of your tan.

Day of Spray Tan (Pre Care):

Take a basic shower the morning of your spray tan. Use soap only; do not use Dove or Caress products.

Do not apply lotions, creams, or perfumes prior to session. Use deodorant very sparingly, as a harmless green tint can appear when solution and deodorant mix.

Wear dark, loose fitting clothing and open toed sandals, flip-flops if possible. Tanning solution will wash out of most fabrics, but may stain nylons, Lycra and silk. Cotton is recommended. While your tan is developing, you do not want clothing or foot wear that will rub against the skin.

Upon Arrival:

Wipe face and body with provided steamed towel to remove any excess body oils or products from the skin.

Pull hair up and away from face and neck with a hair tie and cover with a hair cap (optional, but recommended on blond or color treated hair, as temporary staining can occur).

Change into a bikini, underwear, swimsuit, or your birthday suit! Going topless or nude is totally acceptable too. I have seen it all, so wear whatever makes you comfortable! If wearing a swimsuit, I recommend a dark, older swimsuit, but color is not that important, as any excess spray tan solution will wash off. Men, sorry but you must keep your swim trunks on. Client disposables are available upon request.

Apply barrier cream to elbows, knees, heels, finger and toe nails, including cuticles.

Apply lip balm over lips and eyebrows to prevent discoloration.

Nose and eye protection is always available upon request.

After Spray Tan (Post Tan):

Cover your car seat with a dark or black towel to prevent sweating and streaking.

Avoid wearing a bra, socks or other restrictive clothing immediately after your spray tan session. The looser fitting the better to avoid any streaking as the tan is developing.

Refrain from showering as long as possible, 8-12 hours minimum, up to 24 hours, but overnight is best. My regular clients use old sheets to sleep on the night of their tan, just in case the temporary bronzer rubs off on your sheets during the night. It will wash out, but just be aware this may occur.

Your first shower post spray tan should be just a rinse. You will notice the temporary bronzer washing away, leaving you beautifully bronzed underneath. Your tan will continue to develop even after the shower, so do not be alarmed if you're not as tanned as you expect to be, it will continue to develop over the next 24 hours. From this point on hydration is the key!

Moisturize twice a day to extend the life of your beautiful Bronze Age spray tan. This is crucial to maintain your tan and aides in fading evenly. I recommend Aviva Inspires™ Velvet Soft Moisturizing Crème. Avoid moisturizes with AHA. (Alpha Hydroxy Acid) as this ingredient promotes exfoliation. Also avoid any type of DHA product that has a self tanner, ex. Jergens, Clarins, Neutrogena, St. Tropez, as these can turn your tan yellow.

The life of your tan will depend on the frequency of your workouts, showers and your skin's exposure to chlorine and salt water. If you plan on swimming, apply a thick layer of sunscreen lotion, as this puts a barrier between your spray tan and the water. Reapply sunscreen lotion often.

******Spray tan solution does not contain sun block, always apply sun protection.******

I highly recommend the Aviva Inspires™ line products to help your tan look its best, last long and fade evenly. Each product is specially developed to work with and enhance your Bronze Age spray tan. They are vitamin infused and are free of sulfates and parabans, which can fade your tan. To ensure a consistent bronze glow, please schedule weekly appointments especially during the summer months.

