



## Post Sunless Tan Guidelines

- It is recommended that you should not wash your hands or get them wet until after your recommended rinse time. We recommend you use rubber gloves if you have to use the sink for anything or bathe children. The use of hand sanitizer is also not recommended. If necessary, you can wipe down just the "palms" of your hands with a wet cloth or baby wipe while the tan is developing.
- You should wear loose fitting dark clothing after the session. On the feet we recommend flip flops or sandals with an open toe.
  - It is recommended that you avoid red fabrics as well. The red dye will have a reaction with the spray tan and can cause the tan to turn green.
- Please avoid getting wet until after your recommended rinse time.
- Do not let pets lick the spray tan. We know this sounds funny, but it is known that pets try to do this for some reason.
- We recommend you wait at least 24 hours to shave as shaving can cause fading. It is advised to use hair conditioner instead of shaving cream.
- It is highly recommended that you refrain from spa treatments for a few days after the tan (pedicures, waxing and massages).
- When you are getting out of the shower, you should BLOT the skin with a towel. Pat dry and DO NOT RUB!
- Moisturize the skin at least a minimum of twice daily with proper aftercare. We recommend Hempz brand moisturizer.
- It is recommended that you do NOT start moisturizing until 24 hours AFTER your rinse shower, as this can streak your spray tan and cause it to develop unevenly. A great body lotion is a key factor that will help you get more than a week or more out of the tan, compared to just a few days!
- Do not do any waxing. It will take the tan off no question about it.
- Avoid baby oil, mineral oil, or massage oils.
- No skin to skin contact/sex until after showering as it can cause the spray tan to rub off.
- Avoid hot baths & long hot showers (use warm to cool water) and do not use any loofahs or washcloths.
- You MUST Avoid Dove soap and bar soaps as they can strip and fade a tan quickly. This is for both before and after the tan.
  - You may use it on the "pits and private areas" but avoid it for the whole body. It is known that 99% of the time if a client has streaking or blotching, it is from using Dove brand or commercial quality bar soap. If you wash with it before their session, this can create an invisible barrier on the skin.
- If you are going on vacation, you will need to avoid hot tubs as they will remove the tan.
- Avoid long swims in pools and oceans as the chlorine and salt water can remove/ streak the tan.
- Avoid exfoliating or using any harsh scrub within the duration of getting a spray tan.
- If going in the sun, wear SPF as the spray tan does not contain sunscreen.
- Bug spray can cause the tan to fade.
- Antibiotics and other medications that affect your skin can also affect your tan.

**If you have any questions, please  
contact the salon at  
(859) 635-9719 and ask to speak  
with Megan or Heather!**