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**Pre and Post Airbrush Tan Instructions**

***Prior to Airbrush Tanning (Pre Tan Care):***

.-Pack your spray tanning bag:

* **Hair tie,**
* **Chapstick,**
* **Dark swimsuit or Underwear** (optional)
* **Black, loose- fitting clothing** (cotton)
* **Dark flip flops**
* **An umbrella** (in case of bad weather),
* **A large, dark towel** to place over your driver’s seat.

***Prior to Airbrush Tanning (Pre Tan Care):***

-Remove unwanted body hair.

-Exfoliate entire body with mild, oil free exfoliant

-Shower, but do not apply body oils, lotion, deodorant, or moisturizer to skin as this can create a barrier to the tanning solution. (Clients diagnosed with extremely dry skin may evenly apply a small amount of moisturizer to their skin. Please consult with me before applying moisturizer.)

-Wear clothing to and from your spray tanning appointment that are dark in color, preferably black and loose fitting (cotton clothing-avoid wool, nylon or silk) to avoid excess contact or staining to your clothing.

-Do not wear tight fitting jeans, pants, shorts, or light synthetic fabrics to your appointment. Try a loose black dress, or basketball shorts and a baggy shirt.

-Wear dark flip flops to and from your spray tan appointment.

***5 Minutes Prior to your Airbrush Tan (Pre Tan Care):***

-Remove make-up and deodorant with baby wipes.

-Pull your hair up and away from your face and neck with a hair tie and cover with a hair cap. (Hair cap will be provided by Beautifully Bronze)

-Remove contact lenses, clothing, shoes, and jewelry.

-Change into your swimsuit or underwear. (optional- clients may prefer to tan nude.)

-Apply Chapstick to your lips.

***Immediately following your Airbrush Tan (Post Tan Care):***

-Wipe off the palms of your hands with a baby-wipe.

-Stand in front of the fan to dry your skin.

-Wait at least 5 minutes before getting dressed.

-Place a towel over your driver’s seat for your car ride home.

***6-8 Hours after your Airbrush Tan (Post Tan Care):***

-Avoid contact with water, including activities that may cause excess sweating as your spray tan is developing during these hours. These activities may include exercising, showering, cleaning etc. Contact with water or sweat could result in lines or uneven tanning.

-If you choose to sleep in your airbrush tan so that it darkens overnight, please cover your bed with dark sheets and dark pillow cases as a precaution to avoid staining your regular sheets.

***8+ Hours after your Airbrush Tan (Post Tan Care):***

-Shower normally; you will see some color wash away from your skin. This is completely normal, and is only the color guard (instant tan that you could see after your airbrush tan). The color guard is used to give immediate tan results, but also so that I, the technician, can see where I am applying the solution. Do not be concerned by this, as your developed tan is still there.

-Wash with mild, moisturizing body wash. Do not use a loofa or washcloth as these products exfoliate your skin and may accelerate the process of removing your spray tan.

-While you are drying, remember to pat, not rub your skin.

-Apply a moisturizer in the morning and at night.

***The Life of your Airbrush Tan (Post Tan Care):***

The life of your airbrush tan depends on how well you take care of your skin. Moisturize twice a day as hydrated skin will retain the tan longer. **Choose a moisturizer that does not contain mineral oil**. Avoid products that are alcohol based, including perfume. Avoid any activities that cause skin exfoliation including Jacuzzi tubs, luxurious baths, and rolling in the sand at the beach. If at all possible, you should try to avoid contact with chlorine or excessive sweating as both can lead to premature fading of your airbrush tan.

I hope you enjoy looking Beautifully Bronze! Please contact me at **(714)924-0205** if you ever have any questions or comments. Thank you!