



# LAGUNA BEACH SPRAY TAN

## SPRAY TAN - BEST PRACTICES

### PREPPING YOUR BODY BEFORE A SPRAY TAN

#### SHOWER

Make sure your skin is clean before you get a spray tan. Use mild soap, preferably water-based, not oil-based. The goal is to minimize natural oils on your body before your spray. Because the spray tanning solution is water-based and reacts with your natural skin pigments, it is important to keep oil from deterring the reaction.

#### EXFOLIATE

To achieve best spray tan results, you should exfoliate your body - giving a little extra attention to the rough spots such as your elbows, knees, heels, and hands - including palms and knuckles. A simple sugar body scrub the night before should do the trick.

#### MOISTURIZE

When it comes to moisturizing, make sure your moisturizer is applied within at least an hour before your spraytan so that your skin has time to absorb it. Our spray tan solutions are water-based, so lathering with oil-based lotion right before your session may result in a streaky or blotchy outcome. Start your moisture regime a few days early by drinking lots of water and slathering on the lotion, and scrubbing those rough spots so that your skin is supple and ready to take on the tan.

#### SHAVING & WAXING

Women - Shave your legs and under-arms before you spray tan. If you have issues with razor-bumps or have sensitive skin around your bikini line, shave this area after you spray tan. If you wax your bikini line, do so at least one day before the spray tan so your pores have a chance to close, avoiding pooling in newly opened pores.

Men - If you are tanning your face, please shave at least 2 hours before your spray tanning session. If you shave or wax your body, do so at least one day before the spray tan so your pores have a chance to close, avoiding pooling in newly opened pores.

#### HAIR

If you have long hair, please pull it up in a bun / away from your skin.

#### UNDERARMS

Although rare, some deodorants have a chemical reaction to spray tan, causing the deodorant area to turn green. For best results, make sure you have clean underarms and no deodorant.



## WHAT TO WEAR

### DURING A SPRAY TAN

We bring disposable thongs, hair bands, sticky feet and hair caps - so even if you are not prepared, we've got you covered.

Women 18 & Up - Women over 18 have the option of spray tanning in the nude. Most common undergarments are a black thong / no top.

Young Ladies Ages 13-18 - Girls 18 and under must wear undergarments. Dark undergarments are recommended. Most common undergarments are a black underwear/thong and bra/bandeaux, or a bikini.

Men - Men must wear thong, underwear or board-shorts. Genitalia must be covered.

Our spray tan solution does wash out of most clothing. Please do not wear satins or silks, as your clothing may take on color.

### AFTER A SPRAY TAN

Bring something loose to wear, preferably dark cotton. Spray tan washes out of all cotton materials quite well (even light colors). Do not throw jeans or tight pants on after a spray tan. Try loose cotton pants, shorts or a skirt with draw-string top. Anything tight on the skin can cause the solution to rub off before the tan has time to set. This includes clothing with elastic waste-bands. Do not throw a shirt on with tight sleeves for the same reason. Stick to a tank top or loose cotton shirt. Do not wear a bra or underwear if you have tanned in the nude, for at least 1 hour after your spray tan is applied. Try to avoid sports bras, as the edges can rub the skin.

## SETTING YOUR TAN

### TIME ON BODY BEFORE WASHING

Ideally, you want the solution to set and do it's magic for 8-12 hours. The longer you keep it on, the deeper the tan, and the longer it lasts. This being said, make sure your timing is accurate. Many people tan 1-2 days before their event, and sleep in their solution the first night. Alternatively, some people spray early in the morning, for their event later that evening. Many people think the second day of their tan is the best day.

### AVOID HEAT / SWEATING

If it's a hot day, you want to avoid sweating and sticking. Make sure you bring a towel for the leather seat of your car so you don't stick to it immediately after your tan. Do not work out at the gym. Hang out in an air-conditioned room so that you are not sweating your tan solution off. Turn up your air conditioning when you sleep so you don't sweat.

### AVOID WATER

Because you want your spray tan to set for 8-12 hours, avoid water. This includes doing dishes, getting a manicure, pedicure or massage, taking a shower, etc. You don't want to splash or rub your tanning solution off. If you do get wet, gently blot with a towel immediately. Do not wipe hard.



## **SLEEPING IN A SPRAY TAN**

For best results, sleep on your back and keep your hands away from your body. Make sure you lay a towel over your pillow and under your body for less bronzer on your sheets. If you have cotton sheets, the spray tan should wash out. If you have satin or silk sheets, swap them out for cotton for the first night.

## **MAINTAINING YOUR TAN**

Most tans last from 5 - 10 days.

### **FOLLOW THESE STEPS TO ENSURE YOUR TAN LASTS AS LONG AS POSSIBLE:**

- Stay moisturized with water-based lotions.
- Do not scrub or exfoliate while enjoying your tan.
- Avoid pools and jacuzzis with high chlorine content. Chlorine acts as a bleaching agent.
- Avoid rough ocean water. Salt and sand are natural exfoliants.
- Do not get a massage. The oils, scrubs and localized friction on your skin will begin to remove your tan.
- Drink lots of water. Supple skin starts with a hydrated body!

