

# Sjolie Organic Spray Tan

## Post-Care Instructions

R+ Med Spa



### Preparing for Your Spray Tan

#### 1. PROPERLY EXFOLIATE YOUR SKIN

To best prepare for your appointment, start by exfoliating your skin. Exfoliants help get rid of the top layer of your skin and make it more receptive to the spray tan solution. Make sure your exfoliant is oil-free.

#### 2. REMOVE LOTION AND MAKEUP

Be sure to clean any lotions or makeup before coming to your tanning appointment. Hydrated skin is beautiful skin, but lotions make it harder for the tanning solution to adhere to your skin.

#### 3. GET BEAUTY SERVICES BEFORE SPRAY TAN

Get all of your beauty services, like nails, waxing, or a massage before your spray tan to avoid the potential of rubbing off a fresh spray tan. Make sure to wax at least 24 hours before a spray tan to make sure any leftover wax is cleaned off.

#### 4. SHAVE BEFORE APPOINTMENT

If you need to shave, do so 4 - 12 hours before your spray tan to avoid irritation.

#### 5. DAY OF APPOINTMENT

On the day of your tanning appointment, please arrive with no makeup, no deodorant, no lotion or perfumes, and wear loose-fitting clothing.

### Spray Tanning After Care

Do not shower and avoid all moisture for at least 6-8 hours after your tan is applied. You may wash your hands.

### 24 Hours After Your Tan

The first 24 hours after your spray tan can make or break how it looks, so it's important to know what to do after a spray tan. With proper care, your spray tan will keep that stellar glow. Here are some of our favorite tips:

#### 1. WEAR LOOSE-FITTING CLOTHING

After your tan, you should wear loose-fitting clothing so your tan doesn't rub off or look uneven. You'll want to avoid wearing anything tight, like jeans, leggings, yoga pants, socks, or sneakers.

#### 2. GO COMMANDO

It might sound silly but try to avoid wearing a bra or undies directly after your spray tan. If you do want to wear underwear, choose a loose, dark pair as the spray tan solution could stain nylon or Lycra (it washes out of most fabrics, though). If you want to wear a bra, choose a strapless or bandeau style.

3. STAY DRY

To help your tan develop, you'll want to avoid all moisture for at least 6-8 hours after you get a spray tan. This includes showering, workouts, hot yoga, lotions, liquid foundation, etc. Staying dry will help the spray tan solution adhere to your skin.

4. WAIT TO SHOWER

We recommend showering no sooner than 6-8 hours after your spray tan, but no longer than 24 hours after. When you do shower, be gentle and only use oil-free cleansers. Avoid any exfoliants and just use the palm of your hand to gently rinse off the surface bronzer. Avoid harsh scrubbing, hot water and other chemicals. Pat yourself dry instead of rubbing.

5. MOISTURIZE AFTER THE SHOWER

After your shower, moisturize with an oil-free, unscented moisturizer. Hydrated skin maintains a tan longer than dry, thirsty skin. Remember the previous spray tan aftercare tip to stay dry.

6. AVOID MAKEUP

Avoid applying any makeup for at least 6 to 8 hours after a spray tan. Applying makeup or any other types of moisturizer can alter the color of a fresh spray tan or cause blotches.

**Spray Tan Aftercare: 1 Week After Your Tan**

Your spray tan will last anywhere between 5-10 days, depending on your skin complexion and how you care for your tan. Taking good care of your skin and your tan in the week after a spray tan is super important, so try these tips:

1. MOISTURIZE DAILY

Make sure to moisturize in the morning and evening to keep your skin looking healthy. Use an oil-free, unscented moisturizer.

2. AVOID SWIMMING

Avoiding swimming, long showers, baths, steam rooms, saunas, or any other activity that exposes your skin to being wet for long periods of time.

3. AVOID CHEMICALS AND ADHESIVES

Avoid harsh chemicals such as chlorine, products containing acids, massages, fashion tape, bandages, and anything else that may strip your tan.

4. TRY NOT TO TOUCH YOUR SKIN

Keep your hands off your skin as much as possible to avoid discoloration. This includes crossing your legs and arms for long periods of time.

Additional Instructions: \_\_\_\_\_  
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