



## Spray Tanning Pre and Post Care Instructions

Adhering to the instructions outlined below will help produce a more even tan, enhance your overall color and create greater longevity of your treatment session.

### Before your treatment

- **Avoid** using bar soap or body soaps **12 hours** prior to treatment.
- **Avoid** applying lotion on treatment areas **24 hours** prior to treatment.
- **Avoid** excessive moisture build-up on the skin **24 hours** prior to treatment --Swimming, rain, showering, sweating, massage, and pedicures.

### After your treatment

- **Avoid** tight clothes, excessive perspiring, leather seats, and do not shower for at least 6-8 hours. Extending the time before shower could affect final color. Discuss with your provider.
- Avoid showering for the first **6-8 hours**.
- If you must shower before the first 24 hours have passed, **use a warm rinse only** to freshen up. This could lessen the overall results of your tan.
- **Avoid** using bar soap or body soaps **24 hours** post treatment.
- The product applied to skin during sunless application may have instant cosmetic bronzers. This color is **ONLY** temporary and **WILL WASH OFF**.

Please reach out at [angie@faceforward.info](mailto:angie@faceforward.info) or 512.766.9396 if you have any questions.