

OPTIMIZE YOUR GLOW WITH  
THESE TIPS AND GUIDELINES

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BEFORE:

- + For maximum saturation, properly and gently exfoliate 1-2 days before your appointment  
Using light circular strokes, use an oil free exfoliant with an exfoliating brush/sponge/cloth
- + Do not apply any lotions, creams, colognes/perfumes, sunblocks or deodorants within 8 hours of your appointment
- + Take care of all beauty appts. (nails, hair, etc.) before your appointment or after your first shower
- + Avoid waxing, dermabrasion, and facials within 48 hours before your appointment. Any shaving should be done no less than 8 hours before your appointment
- + To ensure even drying and coverage, wear loose fitting clothing. A long sleeve shirt, long loose pants, a pants jumpsuit. Something easy on/easy off. Shoes should be a sandal or a sock and loose fitting shoe.  
NO white clothing, tight clothing, shorts, skirts, jeans, bras, wristbands, leather, nylon, wool, silk, jewelry

AFTER:

- + Avoid showering, rain, and exposure to water for a minimum of 8-10 hours, up to 24. Developing times are customized and vary. They will be discussed and confirmed at your appointment
- + Upon first shower, rinse lightly without soap - NO scrubbing. And pat dry
- + It is not recommended to wear white, light or tight clothing until after your 2nd shower. Especially if you will be sweating.
- + Moisturize entire body up to 2 times a day with a natural, sulfate and paraben free lotion till the life of your tan. This will keep your tan supple and fresh  
*note: if you do not moisturize, your color may fade more unevenly*
- + As color fades it's normal to see a "speckled look" you can exfoliate at that time. We recommend soaking in a hot bath with baking soda or salt. Soak for about 10 mins and follow with gently exfoliating, using an exfoliating brush/sponge/cloth
- + Avoid using bar soaps or high PH products- they will strip your tan. We recommend using a sulfate free soap or shower gel.
- + Jacuzzis, pools, chlorine, baths, long hot showers, frequent workout sessions will shorten the life of your tan. Keep your showers short and sweet, 3- 5 minutes, with a warm temperature

Please note:

The initial bronzers in the spray tan solution can transfer a minimal amount of product to clothing or fabrics. However, the bronzers are water soluble and will wash out of most fabrics. Please alert the A Bronz Tail technician if you have a history of asthma or other respiratory or medical conditions that could be aggravated by the airbrush system. Please consult a physician before proceeding.

