

# **Golden Goddess Mobile Spray Tans**

## **Checklist for Spray Tan Prep & Post Care**

### 24-48 hours Before your Appointment:

- Manicures/Pedicures
- Any Shaving or Waxing you want done
- Exfoliate (scrub) your entire body including knees, elbows, feet with a washcloth or exfoliating glove.
- Apply lotion after the exfoliation and shower (dry skin is not good for a spray tan)



### Day of your Appointment:

- Do not shower within 3 hours of your spray tan. Best to shower the night or morning before your tan.
- Do not apply anything to the skin like lotion, cremes, oils, and perfumes.
- Wipe off any deodorant or make up before your appointment.
- Decide what to wear during your spray tan (bathing suit, underwear, go nude or partial nudity).
- Decide what to wear after your spray tan (LOOSE clothing like a robe, big t-shirt, PJ pants, gym shorts, sundress; NO LEGGINGS)

### After your Appointment:

- Limit physical activity, let your tan fully dry and settle into your skin (at least 15 min)
- No sweating/working out for 24 hours. Sweat will cause streaking of your tan. Baby powder absorbs sweat and can be used all over the body after a tan.
- Wait 24 hours before showering if possible. If you must shower earlier (within 8-12 hours) use ONLY WARM water, NO SOAP. Bronzer will wash off, don't worry!
- You can wash your hair separately or use dry shampoo.
- Use sulfate-free body wash and lotion to prevent premature fading of your tan. Ask your spray tan technician \$5 travel size sulfate-free lotion/body wash.
- Apply lotion to your skin after each shower to prevent dry skin. Your tan will last longer too!
- If your tan gets on your sheets or clothing, wash immediately with extra soap to prevent staining.
- Whenever you want to get rid of your spray tan, soak for 15 min and exfoliate your entire body. An old spray tan must be off to get another one!

### **Best Products for Your Spray Tan: Available for Purchase for \$5 each (travel size)**

**Body Butter**

**Body Wash**

**Gradual Tan Lotion**

**Face Tanner**



**Questions? Call or text Amanda with Golden Goddess at (980)-819-1327**