

# ***Golden Goddess Mobile Spray Tans***

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

These following activities should be done 1-2 days BEFORE your appointment:

- ❑ **Manicure & Pedicure:** If you need your mani/pedi the same day as your spray tan, ask your nail tech to **skip the lotion**. Polish changes can be done anytime, you just don't want to apply lotion right before your appointment or use exfoliating scrubs after a spray tan.
- ❑ **Waxing/Shaving:** **Shaving the same day can prevent your legs from tanning because of the soap strip on the razor.**
- ❑ **Facials or Massages:** Usually these activities use a lot of exfoliation and oils. Plan your facial/massage 1-2 days before your spray tan, not immediately after if you want it to last.
- ❑ **Exfoliate (scrub) your entire body including your feet, knees, elbows, chest, and face.** You can scrub with a washcloth, glove, or sugar scrub. Make sure to apply lotion each time after you exfoliate to avoid drying out your skin. *\*The better you scrub, the longer your tan will last AND your tan will fade evenly!\** *Exfoliating gloves can be purchased at drug stores, Target, or Walmart.*



Do the following on the DAY OF your appointment:

- ❑ If you didn't exfoliate make sure to do so today, rinse off fully and scrub dry with a towel.
- ❑ For best results, **do not shower within 2 hours** of your spray tan. It's best to do so the night or morning before your appointment.
- ❑ **DO NOT APPLY lotion, body spray, perfumes or oils. (IF you forget, rinse off in the shower and SCRUB the lotion off. Scrub dry with a towel.)**
- ❑ **Wipe off any makeup or deodorant.**
- ❑ **Decide what to wear** during your spray tan (bathing suit, underwear, go nude or partial nudity). **Policy: Women can tan nude, but we ask men to wear underwear or a thong for coverage!**
- ❑ **Decide what to wear** after your spray tan (LOOSE clothing like a robe, big t-shirt, PJ pants, gym shorts, sundress; NO LEGGINGS or BRAS). *It is best to relax after your tan so you don't mess it up!*

After your tanning 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 or unwanted tan lines.
- ❑ **Wait 24 hours before showering with soap if possible.** If you must shower earlier (within 8-12 hours) use ONLY WARM water, NO SOAP. Bronzer will wash off, don't worry this is normal. You can wash your hair as normal or use a dry shampoo.
- ❑ You can shower as normal after the initial rinse off and continue your skincare regimen.
- ❑ Swimming, spas, soaking in water, and excessive sweating will cause your tan to fade sooner.
- ❑ **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/steam 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



Face Tanner

**Drugstore Options:**



OGX Body Wash



Aveeno Lotion



Cerave Lotion

**Best Sunscreens to Use with a Spray Tan: Find these at Ulta, Target, or Drugstores**



Sun Bum



Coola



Australian Gold

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