

PREP CARE

The “Everything Shower”

24-48 hours before appointment

- Exfoliate 1-2 times before your appointment using a dry brush or exfoliating mitt (loofahs and washcloths aren't enough). Focus on dry areas like elbows, knees, ankles, shins, chest, neck, and behind the knees. If you use a sugar scrub, wash well with soap afterward to remove any oily residue.
- Shave, wax, or dermaplane at *least* 24 hours before your tan.
- Moisturize regularly in the days leading up to your appointment – hydrated skin helps your tan last longer and fade evenly.

I'd Rather Hairy Legs than a Patchy Tan

DO NOT SHOWER WITHIN 3 HOURS OF YOUR APPOINTMENT

Showering outside of the 3-hour window allows your skin to cool and rebalance, ensuring your tan applies evenly. If you *need* to rinse before your appointment, use lukewarm water and soap sparingly— just focus on underarms and private areas. Skip deodorant, lotion, washing hair, shaving, and exfoliating.

WHAT TO WEAR

Rock the Adam Sandler Look

Loose, dark long sleeves and long pants!

Yes, even in the summertime!

I want you to arrive as *relaxed* and *comfortable* as possible, while still being mindful of protecting your beautiful spray tan!

The best way to protect your tan while it's still fresh is by wearing **dark, loose-fitting long sleeves and long pants**. If it's warm, you can stay cool by wearing a lightweight flannel or button-up shirt and a pair of loose, long pants. If you *have* to wear shorts, be sure to bring something to sit on while in the car, and something to put between your thighs to reduce the risk of skin-to-skin contact.

“What About During My Tan?”

Wear whatever makes *you* comfortable during your appointment: a swimsuit, bandeau bra, tank top, biker shorts, topless, or the disposable pasties and thong I provide. I want you to feel comfortable from the moment you step into my studio, to the moment you leave. There's no right way or wrong way to be tanned!

Only two rules: bottoms are *required* (whether they're your underwear, or my disposable thongs) and minors must wear pasties.

WHAT TO USE

Welcome to The “*No Dove Club*”

Your body wash and lotion directly affect your spray tan —
for better or worse!

Want your tan to stay flawless, last longer, and fade evenly?
Check below to see if it's time to switch to spray tan-safe
products before your appointment!

Not Spray-Tan-Safe Brands

- Aveeno
- Bath and Body Works
- Caress
- Dove
- EOS
- Eucerin
- Gold Bond
- Irish Springs
- Ivory
- Jergens
- Lubriderm
- Method
- Nivea
- Olay
- Suave

Spray-Tan-Safe

I *only* recommend products *I personally use and trust* because I want the best results for your spray tan. Everything I carry — from hand-poured, custom goat's milk products to tan-safe lotions — is something I can vouch for. Recommending anything else wouldn't feel honest.

PERSONALLY RECOMMENDED & RETAILED

- Speckled Goat Soapery goat's milk soap and body butter
- Stay Golden Sunless body lotion and body wash

SAFE BOX STORE BRANDS

- CeraVe, Cetaphil, Hempz, Raw Sugar (brand), and Native

AFTER CARE

The “80/20 Rule”

80% you and only 20% me

- **I will advise you on when to rinse off at your appointment!**
- Avoid getting wet, sweating, or touching your skin until it's time to rinse.
- During your first (initial) rinse, use only your hands- **NO SOAP** (including shampoo). Rinse with lukewarm water for 3-5 minutes, using your hands to *gently* loosen the bronzer on the skin. Pat dry and moisturize well with spray tan-safe lotion.
 - You **will** look lighter when you rinse off!
 - If you notice streaks or a "muddy" appearance, rinse again, focusing on those areas.
- Your spray tan will continue get gradually darker for the next 24 hours following your initial rinse.
- Do not take a soap shower until it has been 24-hours following your initial rinse.
 - Do not take scalding-hot showers while tanned!
- Avoid tight clothing during the first 24-hours. Tight clothing while tanned risks transfer and uneven fade.
- Avoid shaving your legs for as long as possible. Shaving exfoliates the skin, which can cause your tan to lighten and fade unevenly.
- Avoid hot tubs, swimming pools, oceans, or baths. Quick dips are recommended, not long swims or soaks.
- Hydration is **key!** Moisturize daily with a spray tan-safe lotion to keep your skin hydrated and prevent a patchy fade.