

## Spray Tan Aftercare

### Maybelle Beauty Bar – West Palm Beach

Post tan care is one of the most important factors on how your airbrush tan or self-tanning application will last. It does not matter if you go to the best salon in town, or if the application is flawless. Bottom line is how you care for that tan once you leave is 100% up to you & is crucial. What you do (or don't do) will be the difference between a spray tan that lasts a good amount of time and will fade great, compared to one that only lasts a few days and fades terrible.

With that being said, here are some helpful tips to help that spray tan last and maintain your golden goddess hue for as long as possible:

Do not shower or get wet for at least 8-10 hours after your spray tan for regular development solution or for 2-4 for rapid development formula. If you do not wait the recommended time it can prevent your tan from fully developing. The longer you can wait the better. I recommend waiting 10-12 hours for optimum results. **(\*If you do a rapid tan product, then you shower in the time frame that is provided to you by the technician\*)**

Use rubber gloves if you must use the sink for anything or bathe your little ones.

Aftercare products made specifically for airbrush tanning will hydrate your skin and will not strip the tan like many soaps, body washes and over the counter lotions.

Wear loose fitting dark clothing after your session. On your feet I recommend flip flops or sandals with an open toe. And a black loose sundress or maxi dress. Tight clothes are the worst thing to put on after your airbrush tanning session! Yep that includes yoga pants! Leave those jeans, tight elastic waistbands and lycra tank tops at home too. If you wear them, you are risking ruining the development of the tan and ending up with a patchy result. I compare wearing tight clothes after getting an airbrush tan to putting gloves on your hands before your manicure is done drying. Avoid red fabric as well. The red dye will have a reaction with the spray tan and can cause it to turn green.

When you finally rinse use lukewarm to cold water NOT HOT and do not use soap. Avoid getting wet until after you shower. Water can ruin or hinder the development of the spray tan causing streaks and areas of the actual tan to come off. If you are in a climate where you can wear shorts be careful as flip flops will kick the water up onto the back of the legs causing spots. (I see it all the time with clients in Florida) So if it is raining wear loose long sleeves and loose pants, so **all** of your skin is covered. Make sure you have an umbrella and watch for puddles.

Do not let pets lick your spray tan. I know this sounds funny! But they always try to do this for some reason.

Wait at least 24 hours to shave as shaving can cause fading. If you must, make sure that you use hair conditioner instead of shaving cream. Try to shave only as needed & use a sharp new razor. A dull razor can cause fading or streaking.

Do **not** do any spa treatments for a few days after your tan (pedicures, waxing, massages) as these treatments can fade or remove the tan. If you are getting married and have any of these scheduled for after your session you will run the risk of the tan being removed, becoming streaky and coming off patchy. You will need to schedule these services at least 24 hours prior to your spray tan appointment. We have products that will be provided at your appointment to protect your manicure even light-colored polish does not stain! It is imperative that you refrain from these things after you have been sprayed. If you don't want to, I highly suggest you do not spray tan, as you are just asking for trouble. Always do your pedicure prior to the session.

Soaking your feet will remove the tan. If you are going to get just a polish change after the session, I recommend removing the polish yourself. Many salons use a lot of acetone and they rub the skin as well, so it winds up in many cases removing the tan on the toes.

When getting out of the shower BLOT your skin with a towel. Pat dry and DO NOT RUB! Remember, the spray tan is applied to the outer layers of the skin. You want to treat it delicately and anything that exfoliates the skin will remove the tan.

Do NOT start moisturizing until AFTER you shower, this can streak your spray tan and cause it to develop uneven. Be careful! Many lotions that are sold at the mall and drugstores may smell great, but they contain alcohol and other drying ingredients that will not be good for your tan or your skin in general.

After you rinse what makes the tan last longer? You should refrain from bar soaps (especially Dove) and moisturize a minimum of 2x a day and drink a lot of water.

### **THINGS TO AVOID AFTER YOUR SPRAY TAN:**

Do not do any waxing. It will take the tan off because waxing removes surface layers of the skin.

Do not use bar soap or exfoliating soaps. Soaps and many-body lotions contain SLS and drying alcohols that will strip and fade the tan. Using cheap drugstore products can cause blotching and bad fading.

Baby oil, mineral oil or massage oils.

Avoid hot baths and do not scrub your skin with a loofah as this may exfoliate the tan off.

We recommend purchasing a tan extender cream to replenish your color if you are planning to take long swims in chlorine or saltwater as part of a vacation or event.

If going in the Sun wear SPF as the spray tan does not contain sunscreen.

Anti-aging products that exfoliate or dry the skin, AHA's and Salicylic acids may cause the tan on your face to fade more quickly.

Follow these instructions and you will see it truly makes a difference.