

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:** It's best to get your nails done 1-2 days before your spray tan. 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. Waxing can leave residue on your skin. It's best to shave 1-2 days before your spray tan.
- ❑ **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 the tan 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. I highly recommend exfoliating gloves and they are cheap around \$2-\$5.*



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. **Soaps can leave a residue or oils on your skin that can stop the tanners from working! If you forget or need to shower, use your exfoliating glove to scrub all the soap and rinse off fully.**
- ❑ **DO NOT APPLY** lotion, body spray, perfumes, deodorants, or oils. (IF you forget or need to wear them, rinse off in the shower and SCRUB the products off. Scrub dry with a towel.)
- ❑ **Wipe off any makeup or deodorant before your appointment.** Again you can rinse off in the shower or use a warm wet washcloth.
- ❑ **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, SOCKS, or BRAS). Switch to flip flops for right after. *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). Use this time to relax! :)
- ❑ If your tan gets on your sheets or clothing, wash immediately with extra soap to prevent staining.
- ❑ **No sweating/working out for 24 hours is best.** 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.** The bronzers will wash off, don't worry this is normal. In your first shower after your tan, make sure to use water first to rinse off all the bronzers before using any soap or shampoo. You can tell when you're done rinsing because the water will go from brown to clear. It's okay to use your hands or a gentle washcloth to rinse and help the bronzers come off.
- ❑ **You can wash your hair as normal or use a dry shampoo after rinsing the bronzers off first.**
- ❑ **You can shower as normal after 24 hours** and continue your skincare regimen. Keep in mind that exfoliating face masks, anti-aging or acne products can fade the tan quicker than normal.
- ❑ Swimming, spas, soaking in water, and excessive sweating will cause your tan to fade sooner. Ask Amanda for recommended gradual tanners to boost your tan again! See the list below for ideas.
- ❑ **Use sulfate-free body wash and lotion** to prevent premature fading of your tan.
- ❑ **Apply lotion** to your skin after each shower to prevent dry skin. Your tan will last longer too!

- ❑ Whenever you want to get rid of your spray tan, soak/steam for 15 min and exfoliate your entire body with an exfoliating glove. An old spray tan must be off to get another one for best results.

Rapid Tanning (\$10 extra): If you choose to use a rapid tan, you can rinse from 1 hr (light tan), 2 hrs (med), and 3 hrs (dark). The tan will develop after 24 hours from rinsing, “rapid” refers to a quicker rinsing time. After the first rinse, the tan will seem lighter, but then develop darker. Do not use skin products, soap, lotions, perfumes, or oils during this 24 hour development time. Rapid is a perfect option for anyone who dislikes the tackiness of a spray tan, needs to shower earlier, or to reduce color transfer to sheets/clothing.

Best Products for Your Spray Tan: You can find these at Norvell.com or on Amazon.



Body Butter



Body Wash



Norvell Gradual Tan



Norvell Face Tanner

Drugstore Options for Body Washes & Lotions:



OGX Body Wash



Love, Beauty & Planet 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



Banana Boat Lotion

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