

Before your Appointment

- Exfoliate the skin 2-4 times before the appointment, **never** day of. The fresher the skin the longer the life of the tan. A loofah or wash cloth are not exfoliants.
- Shave, wax and exfoliate the skin at least 24 hours prior to the appointment, **never** day of.
- Do not wear any existing self-tanner or residue from a former spray tan on the skin.
- If you need to take a shower before the appointment, take it 3 hours prior to the session and rinse only with warm-cool water. The steam can open the pores.
- Do not wear makeup, lotion, sunscreen, perfume or deodorant. Come with **BARE** skin.
- Manicures, pedicures, facials and massages should be done couple days **before** the appointment. Spray tan is the **LAST** step.
- Wearing loose and dark clothes is recommended for after the session. Tight clothing can rub against the tan and remove color.
- Moisturize the skin days prior the session (remember: not the day of the appointment)

*THE SKIN SHOULD BE PERFECTLY **CLEAN, BARE, DRY AND EXFOLIATED** PRIOR TO THE SESSION*

During your Appointment

- The application can be done with or without undergarments or a bathing suit. Men must have bottoms on. Keep in mind any tan lines that may show after application.
- Hair ties, hair nets, nipple covers and sticky feet will be available for use. Hair needs to be tied up and out of face/neck.
- All jewelry will need to be removed, earrings are fine if they don't dangle.
- Your skin will be prepped with a PH spray to help remove any excess oils and help with longevity of your spray tan
- Barrier cream will also be applied to hands, feet, knees and elbows.
- We will discuss desired tan during session, along with rinse times.
- I will guide you through all the steps as we go along.
- After color has been applied, drying powder will be applied to skin to help with drying and any stickiness that can happen after being sprayed.
- *Application takes about ten minutes*

After your Appointment

- Wait 8 to 12 hours or 1 to 5 hours before showering, **depending on the solution**. This is the period of time required for the development of NUDA spray tanning solutions
- Avoid activities that provoke sweating or any contact with liquid during the development period. If it's raining or snowing outside, you should wear long, concealing clothing
- Do not apply cream, makeup or perfume on the skin during the development period.
- If the session takes place in the evening, you should go to bed wearing long sleeves and long pants.
- If you accidentally touch your skin, clean your fingers or inner hands with a wet and soapy cloth while carefully avoiding not wetting the rest of the hand

- Rinse the whole body and face thoroughly to prevent the cosmetic bronzer from leaking afterwards. Rinse until the water is clear. For the first shower, we recommend **NOT** using soap or washing your hair. This is simply just a **RINSE off**.
- Avoid body washes, lotions, sunscreens with alcohol, parabens, mineral or petroleum oil, sulfates or perfume.
- Moisturize the skin daily with an appropriate lotion.
- Do not exfoliate the skin for the duration of the result. When the tan starts fading, it's essential to exfoliate the skin again in order to remove the old tan residue.
- Use soft facial cleansers. Avoid oily or exfoliating ones as well as brushes. Beware of strong anti-acne products that dehydrate the skin!
- Do not wax areas where solution has been applied. A delicate shaving may be done occasionally with a clean razor with no soap bar.
- Do not apply perfume directly on the areas that have been sprayed. The alcohol present in perfumes can affect the spray tan
- Excessive sweating, hot tubs, saunas, long baths and pools can cause a faster fading

Recommended moisturizers and body washes:
Nuda, CeraVe, Cetaphil, Hempz, Aveeno, Native.
Absolutely **NO DOVE!**

*** If it is raining day of your appointment, please park in the spot out front of the building! Tall closed shoes are highly recommended***