



Bronze Boutique & Spa

# spray tanning cheat sheet

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## Spray Tan Before Prep

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### Shower

**Why:** Clean skin helps the tanning solution adhere better.

**Tip:** Avoid at-home waxing, as it can leave residues that hinder the tanning process before your session.

### Shave and Exfoliate Your Skin

**Why:** Shaving and Exfoliating removes dead skin cells, ensuring an even tan.

**How:** Remove dead skin cells by exfoliating your skin 24-48 hours before your session. This helps the tanning solution adhere evenly. Focus on dry areas like elbows, knees, hands, feet, and the backs of your ankles and use an oil-free exfoliant to avoid creating a barrier on your skin.

### Avoid Moisturizers and Makeup

**Why:** These products can create a barrier that prevents the tanning solution from absorbing properly.

**How:** On the day of your appointment, come with bare skin—no lotions, deodorants, perfumes, or makeup. Manicures/Pedicures should be done the day before.

### Wear Loose, Cotton Clothing

**Why:** Tight clothing can cause sweat, which could rub off the tan or cause unevenness.

**How:** Choose loose-fitting clothing, preferably dark cotton long sleeved and bring flip-flops to wear post-session. Silk clothing is not recommended.

## Spray Tan After Care

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### WAIT 6-8 hours before getting your skin wet.

**Why:** Allows the tan to fully develop.

**How:** Avoid showering, sweating, or getting wet for at least 6-8 hours post-session.

### Avoid Aggressive Products

**Why:** Products with harsh chemicals can strip the tan.

**How:** Use mild, sulfate-free soaps and avoid petroleum-based products.

### Moisturize Regularly

**Why:** Keeps your skin hydrated and prolongs the tan.

**How:** Apply a tan extender or hydrating lotion daily.

**\*TIP\* Gentle Wash:** When you do shower, use a mild body wash and avoid scrubbing your skin. You might see some bronzer wash off; this is normal. The actual tan will continue to develop.

### Avoid Pools and Saunas

**Why:** Chlorinated water and high heat can shorten the lifespan of your tan.

Visit our website at  
**BRONZEBOUTIQUENYC.COM**  
for more helpful information

