



SHADES VALLEY

DERMATOLOGY

Spray Tanning Tips

Before:

- Shave at least 24 hours prior to visit.
- Shower and exfoliate to remove excess dead skin cells so the product adheres evenly.
- Spend a little extra time exfoliating areas where the skin is thicker such as knees, elbows, and ankles.
- Do not wear makeup, perfume, or deodorant to your spray tan appointment as these can lead to blotching and flaking.
- Remove all jewelry.

DURING:

- Disrobe to your comfort level. You can wear undergarments or a swimsuit to protect sensitive areas. We also have disposable undergarments available.
- Keep your mouth closed and use lip balm to protect your lips.
- Avoid inhaling the product through your nose and use plugs to keep your nose closed.
- Apply Barrier cream to the hands, fingers, feet, toes, and sides of feet.

AFTER:

- Wear dark, loose clothing and avoid underwire bras.
- Wear open shoes such as flip-flops.
- Wait 6-8 hours before you shower and then apply shower gel only with your hands, not a loofah, towel, or sponge.
- Don't exercise until after your first shower.