

# THE TAN BAR

## prep

The secret to achieving THE BEST spray tan glow has everything to do with preparing the skin before a session and maintaining the tan after the session. To ensure your tan is perfect and even, please follow this recommended guide:



- Exfoliate your skin before the session. The fresh skin cells will form a smooth base that your spray tan will stick to. The fresher the skin cells, the longer the life of the tan. A good scrub and an exfoliating mitt will allow the elimination of all the dead skin cells and impurities on the body. Pay attention to rough areas like the top of the feet, heels, ankles, elbows, knees, knuckles, etc.



- Shave, wax and exfoliate the skin at least 6 hours prior to the appointment but preferably 24hrs before. The pores need time to close before applying the solution. Otherwise, the bronzer can get soaked into the pores.
- Do not wear any existing self-tanner or residue from a former spray tan on the skin.



- Do not use lotions, oil-based exfoliating products, gels or waxing/shaving creams on the day of the appointment. These can leave a film.
- If you take a shower before the appointment, take it at least 3 hours prior to the session and rinse only with warm water.
- Manicures, pedicures, facials, waxing, eyelash extensions and massages should be done days before the appointment.



- If the skin is sweaty, make sure to dry it prior to the application.
- Do not wear makeup, cream, sunscreen, perfume or deodorant. Make sure to also take off all rings, necklaces, and other jewellery before your appointment to avoid unwanted tan lines.



- If it is forecasted to rain the day of your spray tan, make sure to bring an umbrella. Coming into contact with water before your first shower will leave patches on your tan.
- Wearing loose and dark clothes is recommended for after the session. Tight clothing can rub against the tan and remove color on some areas.

**THE SKIN SHOULD BE EXFOLIATED, FREE FROM CHEMICALS AND CLEAN PRIOR TO YOUR SPRAY TAN**