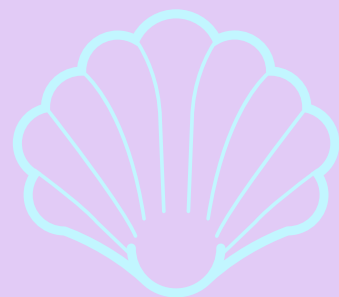


# Spray Tan Prep Checklist



## 24-48hrs Before Appointment

- Exfoliate thoroughly (especially elbows, knees, ankles, and wrists)

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- Use an oil free scrub or exfoliating mitt

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- Shave or wax (no closer than 24 hours before)

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- Avoid oil based products or heavy lotions

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## The Night Before Appointment

- Moisturize dry areas lightly (hands, feet, elbows, knees)

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- Avoid anything too thick or oily

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- Plan your outfit: loose, dark clothing + flip flops or slides

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## Day of Your Tan

- Shower with a gentle, sulfate free body wash

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- Do NOT apply lotion, perfume, deodorant, or makeup

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- Tie long hair up & off your neck

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- Leave jewelry at home

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- Wear loose, dark, comfy clothes (braless if possible)

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## Bonus Tips

- Bring a towel for your car seat if it's hot out

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- Schedule your appointment 1-2 days before a big event

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- Bring flip flops or wear open toed shoes

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- Avoid working out, sweating, or showering until your rinse time!

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