

# **InstaTAN Spray Tan Instructions**

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[www.instatanohio.com](http://www.instatanohio.com)

330.858.1254 Call/Text



**Venetian: 12-24 hour rinse**

**Cosmo Ultra-Vivid: 8-12 hour rinse**

**Venetian Rapid: 2-4 hour rinse**

**Before your spray tan:** We want your results to be FLAWLESS! In order to make that happen, we need your help to follow the instructions below:

- Your spray tan is your very LAST stop! Complete ALL other services at least 24 hours before your tan including: manicures, pedicures, waxing, facials, massages, eyelashes etc. Don't worry, your nails won't get stained with us!
- Shower, shave and exfoliate the night before, and not right before. Exfoliating the skin is very important for a flawless tan outcome!
- Avoid wearing any lotion, deodorant, makeup or any products to your session. These will create a barrier to the tan!
- Wear dark loose-fitting pants and a loose shirt and flip-flops to your appointment. Do NOT wear jeans or leggings.
- Dove soap user? Ditch the Dove as soon as possible! It will create a barrier to your tan and we don't want that to happen, of course! Olay bodywash and any washes containing oils are a no-go too!

## **During your tan:**

- Not sure what to wear during the tan? You can wear whatever! Bikini, bra, thong, nude...We don't care!
- Please be aware that you will have tan lines with whatever you decide to wear.
- Before beginning, we will discuss your desired color and darkness to ensure you are feeling confident when the session is complete! You will be guided through various positions to stand, as the technician applies the airbrush tan.
- The entire process takes less than 20 minutes and off you GLOW!
- Rinse at the time your technician advises you to, and yes, we mean it!
- Do NOT touch your tan.

## **I got my tan. Now what?**

- When rinsing, use warm water and NO soap to rinse off the top coat, also known as the cosmetic bronzer. Use your hands to brush the water down your body until the water runs clear down the drain, ensuring all of your cosmetic bronzer coat is washed off. Don't worry, this is *not* your spray tan washing away!
- Gently blot your skin with a towel to dry.
- Worried your tan looks lighter after you rinsed it? It totally will! Your tan takes a full 24 hours to see the final result.
- Wait about 12 hours after you rinse to shower with soap or body wash.
- Your tan needs moisture to last! Moisturize every morning and night to prolong the life of your tan. We recommend using anything sulfate free, fragrance free, and no oil.
- Avoid the following as much as possible, but if you're going on a fun vacay to the beach, just let us know and we'll give you some tips for prolonging your glow in the water:
  - ★ Ocean, hot tubs and swimming pools.
  - ★ Exercise/sweating for 24 hours, but please be aware that sweat may affect your tan even if you wait longer than 24 hours to sweat.
    - ★ Perfume or any sprays for 24 hours
    - ★ Dove, Olay body wash or soap
    - ★ Lotions or body wash containing oils

***\*Spray Tan Tip:*** The instant cosmetic bronzer that you see upon application is like makeup! It will build up/move around or smudge and may appear imperfect. It is important to wait until after the first initial rinse and full soap shower to see the real results!

***\*Spray Tan Tip:*** Many sunscreens contain oils and alcohol that can cause your skin to dry out and ruin your beautiful spray tan. Many clients ask if it is safe to wear sunscreen. We say, YES! Without sunscreen, you will burn through your spray tan, because most spray tans do not provide you with any sun protection. Use a mineral based sunscreen!

\*If you would like any special Norvell products, I would be happy to special order them at any time throughout the year, However, they must be pre-paid.

\*Ask about our InstaTAN Norvell products to help prolong the life of your spray tan.

**Spray Tans do not contain sunscreen and do not protect against sunburn. Repeated exposure of unprotected skin to U.V. Light may increase the risk of skin aging, skin cancer and other harmful effects to the skin even if you do not burn.**