



# Spray Tanning Do's and Don'ts

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



**Before you spray tan**  
24-48 hours before

## 1. Exfoliate Gently & Thoroughly:

- Use an oil-free exfoliator or exfoliating mitt to remove dead skin cells.
- Focus on dry areas like elbows, knees, ankles, wrists, and heels.
- Avoid scrubs that contain **oils** which can leave a residue and block the tan.

## 2. Hair Removal

- Shave, wax, or dermaplane at least 24 hours before your tan to avoid irritation and allow pores to close.

## 3. Skip Products Day Of:

- On the day of your tan, **do NOT apply** lotion, oils, deodorant, makeup, sunscreen, or perfume.
- These can act as barrier and cause streaks or uneven absorption.,

## 4. What to Wear

- Choose **dark, loose fitting clothes** and open toed shoes. Avoid bras, tight leggings, or anything that could cinch and rub the fresh tan.
- Bring or wear old underwear or go nude during your session, whatever you're comfortable with!

# AFTER



## Your Spray Tan

### *Glow Maintenance*

#### 1. Wait Before Rinsing

- You are to be advised to rinse with the recommended time frame that is given. For my rapid tans, I advise anywhere from 2-6 hours to have it develop.
- During this time, **no sweating, no water exposure, no tight clothes.**

#### 2. First Shower (Just a Rinse)

- Rinse with **luke-warm water only. NO SOAP.** The bronzer will wash off- don't worry this is normal!
- Pat skin dry with a towel, **do not rub.**
- **Do not** put lotion directly on after your first rinse, as your tan still needs 24 hours of full developing.





# Long-Term Maintenance

*To keep your tan glowing for 7-10 days or longer*

## Makeup to Avoid

**These products can strip your tan and cause patchiness or premature fading**

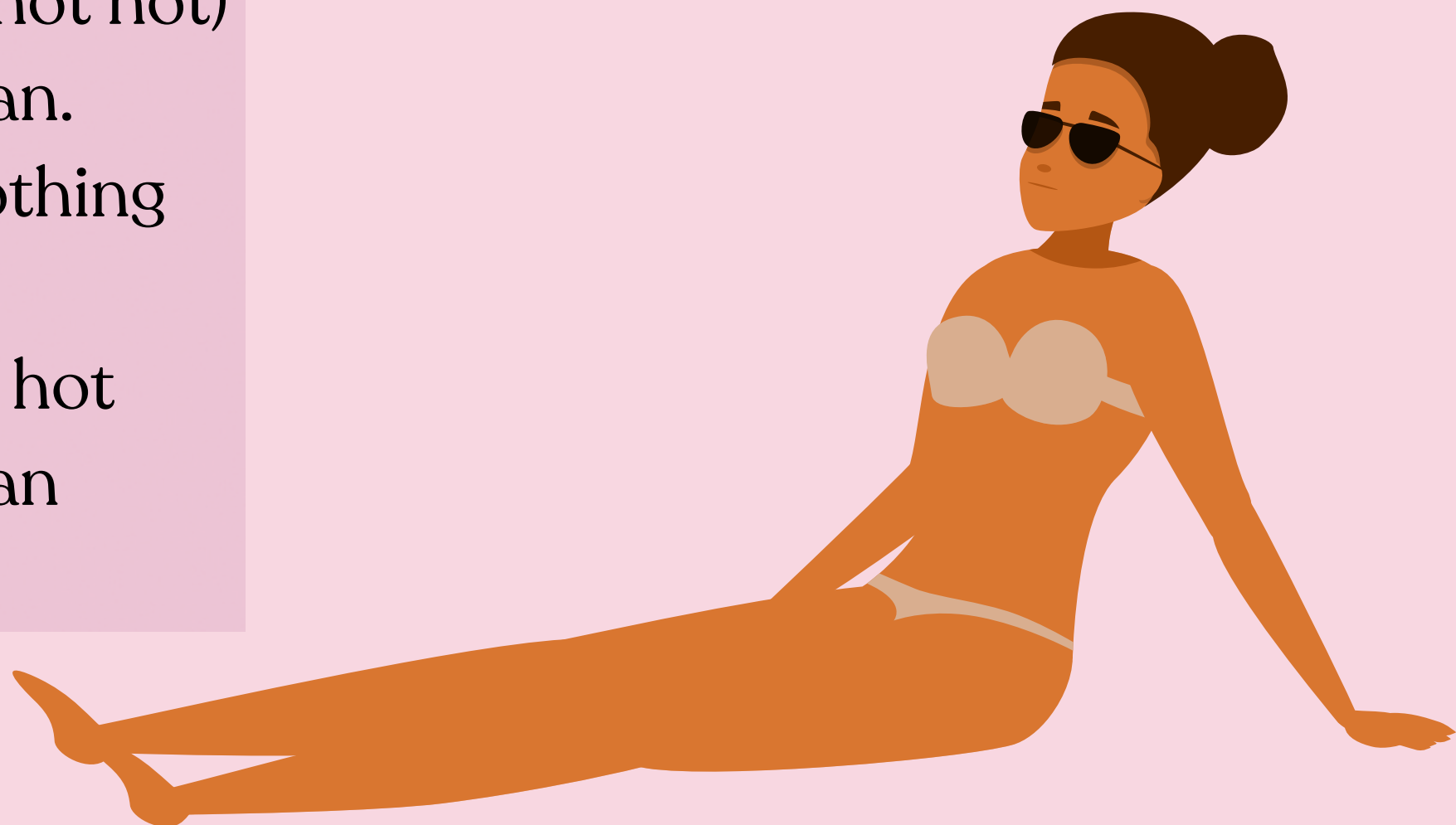
- Sulfates
- Mineral Oil / Petroleum
- Alcohol or isopropyl alcohol
- Salicylic acid & glycolic acid
- Benzoyl peroxide
- Retinol / Retinoids
- Fragrance or perfumes
- Essential oils high in concentration

## Moisturize Daily.

- Use a tan- friendly, oil free moisturizer twice daily.
- Hydrated skin fades more evenly and holds the tan longer.

## Best Practices

- Use **gentle, hydrating cleansers** free of drying agents.
- Shower with lukewarm (not hot) water to preserve your tan.
- Sleep in loose- fitting clothing the first night.
- **Avoid:** swimming pools, hot tubs, and saunas; they can cause fast fading.





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