

# spray tanning: preparation & aftercare



  
retreat

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## Before Your Appointment (24–48 hours prior)

- Exfoliate your full body the day before your tan, paying particular attention to dry areas such as feet, ankles, knees, elbows and hands
- Please use a non-oily exfoliant. Avoid sugar scrubs and oil-based products, as they can leave residue on the skin
- Wax or shave at least 24 hours before your appointment, followed by a light moisturiser if needed

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## On the Day of Your Appointment

- Please arrive with clean, product-free skin (no make-up, deodorant, perfume, body oils or lotions). These products can create a barrier and affect how the tan develops
- You may wear a bikini, strapless bra, knickers/thong, or go topless or nude if you prefer
- Disposable underwear and a hair net will be provided if required
- Please note that clothing worn during and after your tan may be marked, so dark, loose clothing is best
- Your appointment will take approximately 20 minutes

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## During Your Spray Tan

- The treatment is quick and comfortable, and you will be guided throughout
- Any clothing worn may be lightly marked by the tanning solution

## After Your Spray Tan (Developing Phase)

Your tan will develop over approximately 8 hours and fully settle into the skin over the following 24 hours.

During this time, please follow these guidelines:

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- Wear loose, dark clothing and avoid tight items such as leggings or skinny jeans
- Avoid wearing a bra or jewellery, as these may cause marks
- Keep your skin completely dry and avoid any contact with water
- Do not apply any products to the skin while the tan is developing
- Allow the full 8-hour development time before showering for best results
- Avoid activities that may cause sweating
- Drink plenty of water to keep your skin hydrated and support an even, longer-lasting finish
- Be mindful that hot drinks and toothpaste may affect colour around the mouth during development

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## First Shower (After Development)

- Rinse off using warm (not hot) water only
- Use your hands to gently remove the guide colour
- Do not use soap, body wash, or shampoo during the first rinse
- Avoid moisturiser immediately after your first wash, as the tan will still be settling into the skin

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## Aftercare & Maintenance

- Moisturise daily: hydration is key to prolonging your tan
- Recommended moisturisers include E45, Astral Cream, or Palmers Coconut Oil Lotion (oil-free moisturisers are also suitable)
- Avoid products containing AHAs (alpha hydroxy acids), as they may fade your tan more quickly
- Avoid Dove products, as they can strip the tan
- Avoid swimming pools where possible, as chlorine may cause the tan to fade faster

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## Important

Your spray tan does not provide UV protection – please continue to use SPF as normal

## Longevity & Fading

Your spray tan can last up to 7 days or longer, depending on your skin type, preparation, and aftercare.

When your tan begins to fade (usually after 5+ days), gentle exfoliation will help it fade evenly.