

**STATEMENTS  
BY SHANNON**

**SPRAY  
TANNING  
GUIDELINES**

To get the most out of your tan, please follow these simple steps:

**BEFORE THE TAN**

- Exfoliate and moisturize your skin on a regular basis during the 7 days before. Pay extra attention to dry areas like your elbows, knees, and ankles.
- Paint your nails and toenails, especially if they're artificial.
- Wax/shave at least 24 hours prior to allow pores time to close. Dotting in pores may appear if this step isn't followed.

**ON THE DAY**

- Do not moisturize or use any body lotions
- Do not wear deodorant
- Remove makeup
- If you've got long hair, tie it back off your face
- Remove glasses/contact lenses (if applicable)
- A disposable thong will be provided for you to wear; alternatively, wear an old bikini/swimming suit or whatever you feel comfortable in.

Call to schedule your spray tanning appointment today.

Statements by Shannon  
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**AFTER YOUR TAN - DURING  
DEVELOPMENT TIME (8 HOURS)**

- Wear dark, loose-fitting clothing for after your treatment. Tight clothing or underwear may cause marks.
- Wear flip-flops or loose-fitting shoes
- Do not shower or bathe
- Do not exercise or swim
- Try not to touch your skin too much for the first 8 hours while your tan develops — this will prevent you from getting the tanning solution on your hands. TIP: if you rub your face when you sleep at night, wear loose dark socks on your hands.
- It is best, if possible, to leave your tan on overnight. Therefore, make sure your bedding is dark or that you sleep on a towel.

**TO PROLONG YOUR TAN**

- After development time, take a shower. You will notice the guide color comes off — this is normal, as your tan will have developed on your skin underneath.
- Pat dry after showering, do not rub skin.
- Moisturize, moisturize, and moisturize some more morning and night.
- On day 5, exfoliate on a daily basis to help your skin absorb even more moisturizer and keep it looking good and feeling gorgeous.
- Try to avoid spending long periods in the sea, swimming pool, or bath as the water may make your tan fade more quickly. Sweating after exercise will also do the same.