



# KNOW BEFORE YOU GLOW

youglowgirl.haley@gmail.com

757-810-3930

16101 Diascund Shores Lane, Lanexa VA 23089

## 1 BEFORE/PREPARATION

Shave and exfoliate 24 hours prior. Do not use any lotions, deodorant, or sprays the day of your spray tan. (If your spray is in the evening, deodorant is okay during the day). Arrive makeup free (eye makeup is okay).



## 2 WHAT TO BRING/WEAR

Bring or wear loose dark clothing and flip flops to wear home. During the summer, a loose sundress is best. During winter, loose pajamas are best. Think loose long sleeve shirts and loose sweat pants. Bring a towel or blanket to sit on if you have leather seats for your ride home. Be careful of your seatbelt rubbing.



## 3 WEATHER CONSIDERATIONS

If rain is in the forecast, please bring an umbrella and bring long sleeves and pants. Rain can and will ruin your tan.



## 4 AFTER YOUR ORIGINAL SPRAY TAN

No sweat/No wet for 8 hours

## AFTER YOUR RAPID SPRAY TAN

No sweat/No wet for 2 - 4 hours



## 5 SHOWERING/MOISTURIZING

Your first shower is a **RINSE** only— **NO** soap. During your first rinse, refrain from peeing in the shower as this can result in a line of demarcation down your leg. After all showers, pat to dry – do not rub. Moisturize heavily 2 times a day for longevity. I recommend using Hempz lotion.



## 6 IMPORTANT REMINDER

If planning on getting a pedicure for an event around the time of your spray tan, it is best to schedule your pedicure **BEFORE** your spray tan, if possible. **IF this is not possible, during your pedicure, NO SCRUB or exfoliate.**

