

# SPRAY TAN CHECKLIST

## What to do before & after

Before Your Tan: 24-48 hours  
**EXFOLIATE!** You want to clear away dry, dead skin cells & scrub. Avoid using bar soaps or in - shower moisturizers, shaving, and waxing 24 hours before tan.



For your session: No lotion, makeup, deodorant, creams, or perfumes. Wear loose fitting clothing & no jewelry. You can wear your own undergarments or request disposable salon ones.



After your spray: refrain from showering for atleast 12 hours. Use warm water only to rinse at your first shower and pat dry. Avoid getting wet before then- no washing hands, face, etc.



Color will start to develop 4 hours after application & will continue to darken over time. Chlorine, salt water, and other chemicals will cause fading at a faster rate. Apply lotion after showers in am/pm to aid in moisture & color development.

Norvell Prolong lotion is available for purchase for \$9

