



Pre-Tanning Instructions

To help achieve the best tan possible please do the following 24 hours before your tanning appointment:

1. Exfoliate all skin to be tanned
2. Do all your hair removal (shaving/waxing/etc.)
3. apply lotion liberally the night before tan

Any beauty treatments (nails, massage facials etc) need to be done before your tan as they can remove the color and make your tan fade faster or streak.

The morning of your tanning session please shower and come to the appointment with completely clean skin. That means no lotions, makeups or deodorants.

I offer disposable underwear or you may wear your own, just make sure they are dark in color and you don't mind getting the tanning solution on them. You may also wear a bathing suit. However you feel comfortable.

After Tanning Appointment

The longer you let your tan set, the longer it will last. So please let it set for at least 8 hours (for the 8 hour tan) or more. If you choose the 2-4 hour options, I will instruct you how long to leave it on for and then you will need your first shower to be only a water rinse off- no soap! When you shower you will notice a dark color rinsing off, don't worry!, that is just the bronzer, your tan is still there. Please use a dark towel after your first shower in case you have a little bronzer left on. It's best to pat your skin dry (not rub) and apply lotion liberally after. The better you take care of your skin, the longer your tan will last. I recommend avoiding lotions with alpha hydroxy acids or other exfoliants as that will make your tan fade faster. Make sure to lotion your skin morning and night. I hope you love your tan and please let me know if you have any questions!

Thanks,
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