

The Day Of

Before Tanning:

- You may shower again the day of the tan, but use a clear body wash again. Use a low abrasion facial exfoliant.
- Do not apply lotion, makeup, or any other unnecessary topical treatments after showering. Apply baby powder instead of deoderant.
 - Wear dark loose-fitting clothing for your appointment.
 - You may bring a bathing suit to wear during your appointment, use disposables, or go nude.

After Tanning/Before First Shower:

- Do not get wet or sweaty.
- Do not touch your skin until showering. If you do, simply wipe the area inside your hand with hydrogen peroxide.
 - Place dark towels down before sitting on furniture.
 - Sleep on dark sheets or towels.
 - Your first shower should be a lukewarm rinse only.