

## **Bronze Biologic Tanning Recommendations (what to do before you tan)**

**We recommend that you do not tan after 8pm because the tan can stain your hands while sleeping  
If a tan is done after 8pm or late at night, please wear cloth gloves while you are sleeping that night**

### **Step 1 (The day before your tan)**

Shave all areas that you normally shave. **DO NOT** shave the day of the tan to prevent minor spotting  
**Exfoliate** with a washcloth or one of our recommended skin products (this is not mandatory but will help)

### **Step 2 (The same day you receive your tan)**

**DO NOT** use any body lotion, body cream, make up or perfume the day you will be tanning

**DO NOT** shave the day of the tan to prevent minor spotting

**DO NOT wax any areas** of your body including your face the day of your tan

**DO NOT** put on any under arm deodorant (powders or lotions)

**Wear dark, loose fitting clothing** (NO tight fitting clothing, socks, or tight fitting shoe apparel)

Cotton clothing is optimal (tanning bronzer stains will wash out of most cotton clothing)

Please bring a bathing suite or underwear or other suitable tanning attire

## **Bronze Biologic Tanning Recommendations (what to do after you tan)**

Once your tan is applied, **allow it to dry completely** (we will ensure that your application is dry)

**We recommend that you wear dark, loose fitting clothing** after your appointment

Any minor rub-off will easily wash out of most fabrics

**Do not wet your skin** for at least 6 to 8 hours after the tanning session.

**No shower or bath for at least 6 to 8 hours** (it is best to wait until the next morning)

Your tan will last longer if you **DO NOT** bath or shower the same day of your tan

We also recommend that you **do not exercise or perspire excessively** until the next day after your tan

**Avoid** touching or rubbing any tanned areas

All tanning colors will wash out of clothing and bedding

When you do shower or bath **DO NOT** scrub your body with a wash cloth (Use hand and soap only)

When showering or bathing **DO NOT** be concerned if some of the initial bronzer wash off

This is part of the spray on tanning process, and your skin will continue to tan.

**DO NOT** exfoliate the skin for 7 days after tanning

Daily use of our recommended Body Lotion (Tan Extender) is recommended to extend the results

Your tan will naturally fader over a period of days (each tan should last about 7 to 10 days)

Bronze Biologic spray tan does **NOT** contain sunscreen and will not protect you from the sun's UV rays