



KATHRYN B. AESTHETICS

Spray Tan Prep & Care Information

Plan all other beauty services at least 72hrs before your spray tan appointment (waxing, mani/pedi, facials, etc.) including active exfoliants like AHA/BHA toners, Retin-A/Retinol, etc.

Exfoliate and shave the day before your spray with limited oil-based products. Consider using a KBA mitt (dm to purchase) or cleansing the skin with soap after using an oily exfoliant.

Do not use any oils, oil based products, Dove, Victoria's Secret products, or bar soap

Products to AVOID in order to extend the life of your spray tan:

- Mineral oil
- Toners
- Fragrances
- Hair removal products
- Most essential oils
- Retin-a
- Anti-aging products
- Make-up remover wipes

remember: you can always adjust your foundation or bronzer to match your body if necessary

Products to use daily to EXTEND the life of your tan:

- Shea butter
- Aloe Vera
- Fragrance-free
- Hempz Body Lotion & Body Wash
- Oil-free



highly recommend!

DO NOT shower within 5 hours of your spray tan appointment! Any moisture on the skin will prevent the spray tan solution from adhering to your skin!



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How to Exfoliate 24hrs before a Spray Tan

Select a physical exfoliant (one or two products will be enough, but only perform as much exfoliation as your skin allows):

- Dry Brush
- Exfoliating Mitt - ask about the KBA Mitt!
- Sugar Scrub - ask about the KBA Low Oil Scrub!
- Loofa

If you're using a dry brush, use it before your shower; otherwise, hop in the shower and start out with your body scrub or exfoliating mitt. Pay close attention to your drier body parts (knees, elbows, heels).

If you like to shave, go ahead and use a razor that does not have a moisture bar or thick moisture strip.

Cleanse your skin using a loofa and an oil free body wash (I recommend Neutrogena Rain Bath) to rid your skin of the last bits of dry skin cells and remove any exfoliation product residue. Use a washcloth or your hands to avoid overexfoliation if necessary.

DO NOT moisturize after your shower! If you must moisturize your face, try to use an oil free moisturizer. Don't wear makeup the day of your tan, unless you don't plan on having your face tanned.



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What to Wear During and After a Spray Tan

During a spray tan women can choose any combination of modesty garments, or none at all! I provide disposable bras and thongs, you can wear your own, or tan nude. If using your personal garments, it is recommended they be black.

Men must have a clean sock, briefs, thong, or speedo to wear during a spray tan because the solution, while extremely safe and well studied, can be irritating and possibly dangerous if in contact with the penis. Disposable thongs may/may not fit, so please bring a sock just in case!

After your spray tan is complete, I will apply finishing powder to the skin and any areas that crease (backs of knees, inside elbows, bra line, waistline, under the breasts/glutes, etc).

Bring, or wear to your appointment, a pair of wide leg sweat/cotton pants (no joggers), and a long sleeve baggy t-shirt.



DO NOT get your fresh tan wet - no hand washing, bathing kids/pets, doing dishes and **NO** peeing in the shower!