

Spray Tan Prep & Aftercare Checklist

Your guide to a flawless, long-lasting glow — The Beauti Glow

24–48 Hours Before

- Shave or wax (24+ hrs before for waxing, 12+ hrs for shaving)
- Exfoliate thoroughly — focus on knees, elbows, ankles, hands & feet
- Get any mani/pedi done before your appointment
- Avoid facial treatments, peels, or microdermabrasion

Day Of Your Appointment

- Shower and exfoliate one final time
- Do NOT apply moisturizer, deodorant, perfume, makeup, or oils
- Arrive with clean, product-free skin
- Wear loose, dark clothing and flip-flops or slides
- Bring a strapless bra or whatever you're most comfortable in

Right After Your Tan

- Stay dry — no sweating, water, or tight clothing
- Wear loose, dark clothes home and to bed
- Avoid seatbelts rubbing on bare skin if possible
- Sleep in long sleeves/pants to protect bedding

First Rinse (Per Solution Timing)

- Rinse with warm water only — no soap, no scrubbing
- Rinse until water runs clear (bronzer washes off, tan stays)
- Pat dry gently with a dark towel
- Apply a hydrating, oil-free moisturizer

Daily Aftercare (Make It Last 7–10 Days)

- Moisturize 2x daily with an oil-free, sulfate-free lotion
- Take quick, lukewarm showers — avoid long baths & hot tubs
- Pat dry — never rub
- Avoid chlorine, salt water, and exfoliants
- Skip retinol, AHAs/BHAs, and acne treatments on tanned skin

Fading & Removal

- Exfoliate gently before your next tan
- Use an exfoliating mitt + body wash to fully remove
- Book your next glow 7–10 days out

Questions? Visit thebeautiglow.com/faq