

STUDIO GLOW

YOUR COMPLETE TAN GUIDE

01 BEFORE YOUR SESSION — PREPARATION TIMELINE

48 hrs

Wax or Shave

If waxing or shaving, do it **24–48 hours before** your appointment. Waxing opens the pores, and doing it too close to your session can cause the solution to absorb unevenly, leaving dark spots at the follicles.

24 hrs

Exfoliate Thoroughly

The **single most important step**. Use a mitt or scrub on elbows, knees, ankles, wrists and any dry patches. Dead skin absorbs colour unevenly. Do this the evening before, not the morning of, to let skin settle.

Day of

Shower, Then Nothing

Shower to remove residue, then **apply nothing** to your skin — no moisturiser, deodorant, perfume or makeup. Any product creates a barrier that prevents even absorption. Arrive clean, dry and product-free.

Arriving

What To Wear

Wear or bring **loose, dark clothing** to change into. Avoid underwired bras, tight waistbands and socks — flip flops are ideal. Dark fabric is best, as bronzers can transfer before your first shower.

✓ Do

- ✓ Exfoliate **24 hours** before your session
- ✓ Shave or wax **24–48 hours** before
- ✓ Arrive with **clean, dry, bare skin**
- ✓ Wear **loose, dark clothing** after your session
- ✓ Stay dry for **6–8 hours** post-tan
- ✓ Moisturise daily once your tan develops
- ✓ **Pat skin dry** — never rub — after showering
- ✓ Use **tan-safe, sulphate-free** products

✗ Don't

- ✗ Apply **any moisturiser** on tan day
- ✗ Wear **deodorant or perfume** to your session
- ✗ Wear **tight clothing** immediately after
- ✗ Shower within **6–8 hours** of application
- ✗ Use **soap** on your first rinse
- ✗ Swim or exercise before your first shower
- ✗ Use **exfoliating products** on an active tan
- ✗ Take **long, hot baths**

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02 AFTER YOUR SESSION — AFTERCARE & LONGEVITY

6–8

HOURS BEFORE FIRST
SHOWER

Minimum wait for your tan to fully develop. Leave longer for a deeper result.

7–10

DAYS TYPICAL TAN
LIFESPAN

With daily moisturising and tan-safe products, your glow can last even longer.

Daily

MOISTURISE, ALWAYS

Hydrated skin holds colour. Use a tan-safe, oil-free moisturiser every day.

01

First Rinse — Water Only

Your first shower should be a **lukewarm water rinse only** — no soap, no shower gel. This removes the guide colour to reveal your developing tan underneath. Don't worry when the water runs brown — that's just the guide colour, not your actual tan.

02

Moisturise Every Day

The most important aftercare step. **Dry skin causes your tan to fade unevenly** — flaking skin takes colour with it. Use a generous, fragrance-free, oil-free moisturiser daily, applied to damp skin. Focus on elbows, knees, ankles and shins.

03

Products To Avoid

Avoid oil-based body washes, exfoliants, loofahs and products containing AHAs or BHAs — these speed up skin cell turnover and strip your tan faster. Choose **sulphate-free, tan-safe** shower gels and keep showers short and warm rather than long, hot baths.

04

How Your Tan Fades

A well-prepped, well-maintained tan fades **gradually and evenly** — it shouldn't peel or streak with proper aftercare. Around days 7–10 you'll notice it lightening. Before your next session, exfoliate thoroughly to remove any remaining colour for a fresh, even base.

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03 IN THE BOOTH — GETTING READY TO SPRAY

Follow these **3 simple steps** before your session begins. The booth will guide you through voice instructions once you're ready.



Remove Clothing & Jewellery

Remove **all clothing, jewellery and accessories** before entering the booth. These block the spray and cause uneven patches or permanent staining on fabrics.

ESSENTIAL STEP



Hair Net & Sticky Feet

Wear the **hair net provided**, leaving ears and hairline fully exposed. Pull all hair away from your neck and shoulders.

Place the **sticky feet provided** on the floor of the booth and stand on them throughout your session to prevent the soles of your feet from over-darkening.

PROVIDED IN STUDIO



Apply Barrier Cream

Apply **barrier cream generously** to hands, wrists, elbows, knees and feet. Use extra around nails and cuticles. Apply lightly at wrist and ankle transitions to avoid visible lines.



You're Ready to Glow

Step into the booth and follow the **voice-guided instructions**. Each session takes just a few minutes — relax, follow the prompts, and let the VersaSpa Pro do the rest.