



TANNING

Spray Tan Prep Guide Your Guide to the Perfect Glow

At Island Sun Tanning Salon, we want your sunless tan to look flawless, while lasting as long as possible. Whether you're a first-timer or a spray tanning pro, this guide will show you how to prep, protect, and prolong your glow.

Before Your Spray Tan & Arrive Prepared

Exfoliate Your Skin Thoroughly: Gently exfoliate 24 hours before your appointment, focusing on rough areas like elbows, knees, and ankles. This removes dead skin cells and helps your tan absorb evenly.

Schedule Beauty Treatments First: Manicures & pedicures, waxing, shaving, or threading. Do all of these before your spray tan—not after. Waxing or exfoliating post-tan can cause uneven fading.

Skip the Products: Arrive with clean, dry skin—no lotion, deodorant, makeup, or perfume. These can create a barrier and interfere with how the solution sticks to your skin. Prior to your spray, we recommend applying a primer (available in-store for purchase) to prep your skin for perfectly balanced color! Available in single use packets or a full size bottle.

Wear Dark, Loose Clothing: Tight clothing or light-colored fabrics can rub or stain post-tan. Bring something loose and dark (like a flowy dress or sweatpants) to wear after your session.



Spray Tan Aftercare

Immediately After Your Spray Tan

Let the color develop naturally for 8–12 hours. During this time:

- Stay completely dry—no sweating, showering, or getting caught in the rain.
- Avoid touching or rubbing your skin. The initial “tan” you see is cosmetic bronzer. Your real tan is still developing underneath.

First Shower (8–12 Hours Later)

Your first rinse is important!

DO:

- Rinse with lukewarm water (no soap). Gently rinse for 1–3 minutes until water runs clear.
- Pat dry with a soft towel—no rubbing.
- Apply moisturizer right away.

DON'T:

- Don't use body wash, shampoo, conditioner, or shaving during this rinse.
- Don't scrub or use a washcloth.

Keep That Glow Glowing

- Moisturize daily with an oil-free, fragrance-free lotion.
- Moisturize daily with an IST-approved tan-extending lotion (great options available in-store) that are aloe based, paraben-free, phthalate-free, sulfate-free tan extenders.
- Stay hydrated—drink plenty of water.
- Avoid bar soaps, Dove products, exfoliants, and loofahs.
- Skip hot baths, long showers, saunas, and steam rooms.
- Forgot to wax? Don't. Instead, shave lightly with a fresh razor and minimal pressure.

Still Have Questions?

We're always happy to help. Give us a call, or ask your spray tan technician for personalized tips during your visit.