



PLEASE NOTE

It is **HIGHLY RECOMMENDED** that you read this and the FAQs (below) thoroughly before and/or after your spray tan! If you have any questions or concerns about anything, please do not hesitate to text 401.218.8411.

CANCELLATION POLICY: If an appointment is NOT cancelled 24 hours in advance or you do not show up for your appointment, a \$25 fee will be assessed. We provide a courtesy confirmation text the day before your appointment.

IMPORTANT: Appointments are 15 minutes long, so it is critical that you are on time or early for your appointment! We are open seven days a week and have accommodating hours, so we ask that you book a time that is convenient for you to ensure you arrive on time.

NEW CLIENTS: Please arrive AT LEAST 10-15 minutes prior to your appointment to fill out your form and go over your solution/color options, ask questions and take your makeup off - if necessary.

PLEASE INFORM US IF YOU ARE PREGNANT, BREAST FEEDING OR HAVE A NUT ALLERGY. WE OFFER NUT-FREE, HYPOALLERGENIC SOLUTIONS. WE SPRAY PREGNANT AND BREASTFEEDING WOMEN DAILY.

We do highly recommend a trial spray tan if you are getting sprayed before a special event - as we have two different solution options and six different color choices - so you can choose the solution/color that is best for you.

If you have a sunburn, we recommend waiting until it is gone before getting spray tanned over it, as the sunburn will cause the skin to peel and look uneven/blotchy.

If you are on or around the time of your period, this may cause your spray tan to develop lighter than normal - as the spray tan reacts with the pH in your skin and your pH balance is off during this time. If you get sprayed weekly, you are more likely to notice a difference. We recommend choosing a darker shade during this time.

SPRAY TANNING TIPS

Preparation: Skin & Nail Care

All of our spray tans are applied in two even coats. It is impossible to spray streaky or blotchy. Streakiness or blotchiness comes from improper exfoliation, left over product residue from your shower or from sweating before and/or after your spray tan is applied. For an even tan, make sure you follow ALL of the tips, remove any and all product from your skin before you are sprayed and avoid sweating until after your first shower.

If you have an old spray tan on that is not from Glistening Goddesses, we recommend waiting until it fades or removing it completely before we spray you - as this may impact your results.

It is better if you have nail polish on before your tan, even if it is just a clear coat. Your nails and toenails will be wiped down at the end of your spray tan. Nail polish prevents your nails from staining. If you have acrylic nails or a gel manicure on before your spray tan appointment, the spray tan will NOT ruin your nails.

Shave 24 hours (or more) BEFORE your appointment WITHOUT shaving cream. It is also recommended that you have any facial or body waxing done 24 hours PRIOR to your spray tan. DO NOT get waxed after your spray tan. It is recommended that you limit the amount you shave after your spray tan, as shaving is a form of exfoliation.

Waxing of eyebrows and lips needs to be done PRIOR to your tan. It is okay to have your eyebrows plucked the same day after your tan. Threading can be done after your initial shower or any day after that - just not when the spray tan is developing.



Please exfoliate with a **NON-OIL BASED**, alcohol-free, fragrance-free, gritty scrub or exfoliant prior to your tan. You want to remove all dead skin so your tan looks as even as possible. An exfoliating mitt is recommended. We have some available for sale in the salon that we highly recommend using for the best results - especially if you spray tan weekly. Avoid moisturizing body washes, like Dove or Oil of Olay, for example.

Eyelash extensions are okay to have on and **DO NOT** affect your spray tan. However, because of the way eyelash extensions are applied, it is recommended that they be applied **BEFORE** your spray tan appointment. They can be applied the same day, as long as it is before your spray tan! This is because of the gel pads/tape that is used in the application process. They can also be applied after your initial shower.

Preparation: Lotions/Makeup

You CANNOT have any lotion, makeup, sunscreen or oil on your skin at the time of your appointment - even if it has been applied earlier in the day or the night before. Any residue will cause your tan to develop unevenly, making it blotchy or streaky. We have makeup wipes in the salon if you need to remove makeup prior to your appointment. The wipes at our salon can also be used to remove any lotion you have on at the time of your appointment - if absolutely necessary. However, we recommend that for the best results you remove the lotion in the shower and/or do not apply any lotion after you get out of the shower before your appointment. Having left over lotion on your skin can cause the spray tan to develop unevenly.

If you are getting a pedicure before your spray tan on the same day, you need to tell them to not apply any lotion on your legs or have them remove it or go home and shower it off.

Chapsticks, lip balms, lip glosses, lipsticks and mascaras are okay to have on during and after your tan. It is okay to have deodorant on during your tan, as long as it is carefully applied in the armpit area only.

Spray Tanning: What to Expect

Check the weather! If it is raining or snowing the day of your appointment, it is recommended that you bring an umbrella and/or wear protective clothing - such as long pants, long-sleeved shirts and a sweatshirt. Raindrops/snow can cause the tan to get spotty if your skin is exposed to the elements.

If you take your bra off when you're getting sprayed, we **DO NOT RECOMMEND** that you put it back on immediately after. If you need to put a bra on after your spray tan, we **DO NOT RECOMMEND** sports bras or strapless bras; however, we do recommend putting your bra on the loosest strap in the back with the bra straps tucked in.

You will feel a little sticky and the spray tan does have a slight odor to it - this is normal. You will feel sticky until your first rinse or shower.

If you touch your skin and do not wash the insides of your hands, your palms may end up becoming stained because palms are not supposed to come in contact with the spray tan solution. If you do accidentally touch your skin, wash the insides of your hands as directed by your spray tan specialist!

When needed, wash only the insides of your hands while the spray tan is developing. The most effective way to do this is with hand sanitizer or an antibacterial wipe. If you do not have these available, you can also use a paper towel or towel with soap. Your spray tan specialist will walk you through this process at the end of your appointment.

The bronzer may get on the inside of your clothes or on your sheets. It should not stain, however we cannot guarantee this. Dark colored clothing is recommended and wearing long sleeves and long pants to bed can prevent the bronzer from coming off on your sheets.



Immediate After Care

It is recommended that you do not shower for 8 hours (or longer if you would like) if you use our original formula and 2-6 hours if you use our express formula. Showering before the recommended time frames may lighten up your color and impact the results of the spray tan.

No sweating, swimming, getting wet or exercising until your first shower after your spray tan is applied. Doing so may cause streaks and/or blotchiness.

DO NOT wash your face before your first shower. This also goes for not washing any makeup off your face before you go to bed. Sleep with your makeup on!

Putting makeup on after your spray tan is okay, however you CANNOT wash your face until your initial shower.

There is a bronzer in the solution, which means that you will have some color immediately after you are sprayed. The color will continue to darken as the solution develops. Your color will lighten after you shower off the bronzer. You will see color coming off in your first shower. This is normal. Your spray tan is not washing off, it is just bronzer.

Shower before working out or sweating. Working out with the bronzer on may cause your tan to streak. We recommend rinsing the bronzer off, then working out and then taking a full shower - just so you do not have to take two full showers back-to-back.

Go easy around water the day you get sprayed - this includes everything from doing dishes to brushing your teeth. While you can still do these things, it is recommended that you use caution when you are near water to ensure you do not mess up your spray tan.

We do NOT RECOMMEND wearing vinyl/rubber gloves to do housework the day you are sprayed. We recommend waiting until after your first shower to wear those types of gloves.

If you have small children, it is recommended that you bathe them prior to your spray tan or have someone else bathe them that day.

We recommend wearing long sleeves and long pants or covering your hands with socks while you sleep. This will prevent the spray tan from transferring to your hands while you are sleeping and making them extra dark! This step is extremely important. Even if you do our express solution or shower your original solution off before you go to bed, this will prevent the tan from developing on your hands.

We recommend wearing dark, loose fitting, cotton clothing after you are sprayed. T-shirts and loose pants are highly recommended. We do not recommend anything that has a lot of straps or is sleeveless. If your appointment is later in the day/night and you can put on the clothes that you are wearing to bed, this is useful!

Long Term After Care

Pat dry after your shower. Vigorous rubbing will exfoliate your skin and your tan will not last as long. DO NOT exfoliate with loofahs, body scrubs, body washes or soaps with exfoliating beads until your tan starts to fade away.

DO NOT use scented body washes - such as Victoria's Secret and Bath & Body Works. Non-scented/fragrance-free body washes and soaps are RECOMMENDED. SCENTED BODY WASHES AND SOAPS ARE NOT RECOMMENDED. Aveeno lotions are also NOT RECOMMENDED!

Limit the shaving of your legs, as this is also a form of exfoliating. You can still shave your legs, however we do not recommend doing it daily. We DO NOT RECOMMEND using hair removal creams, such as Nair. This will remove your spray tan!

The tan is not going to just disappear, you are going to notice it fading. You can start exfoliating when you notice it is starting to fade and/or in preparation for your next tan.



Face washes containing salicylic acid and/or benzoyl peroxide are NOT RECOMMENDED because they can eat away at your spray tan. Your face will fade faster as you wash it more frequently. We recommend using gentle cleansers - exfoliating face washes and Clarisonics are NOT RECOMMENDED!

Acne spot treatments are also NOT RECOMMENDED during the week your spray tan is on.

Moisturizing helps extend the life of your tan and it helps your tan to fade more evenly. We recommend using a hydrating, non-scented/fragrance-free lotion! SCENTED LOTIONS - I.E. VICTORIA'S SECRET AND BATH & BODY WORKS - ARE NOT RECOMMENDED! Aveeno lotions are also NOT RECOMMENDED! Cocoa butter lotion is okay to use, even though it does have a scent.

Spray tans typically last 4-8 days, however they can last longer or shorter than this. The more you moisturize, the longer the tan can last. You can use any moisturizer, but moisturizers containing self-tanners are not recommended because they can have adverse effects. Any hydrating, non-scented/fragrance-free and alcohol-free moisturizer is recommend!

Drinking a lot of water and hydrating your skin from the inside out helps extend the life of your spray tan. It is recommended to moisturize at least once a day, however twice a day is encouraged. You can start moisturizing after your first shower. NON-SCENTED/FRAGRANCE-FREE moisturizer is RECOMMENDED! CeraVe non-scented is a great moisturizer.

Always wear sunscreen when out in the sun. We also recommend mixing non-scented moisturizer with your sunscreen and putting both on at the same time each time you would normally apply your sunscreen - especially after prolonged exposure to the sun, being in the ocean or being in the pool. This will help extend the life of your spray tan. We have a list of recommended sunscreens that we can text to you upon request or you can take a picture of our list when you are in the salon.

Wait at least one day before going in the ocean or a pool after your tan. Chlorine may make your tan fade faster, however it is not going to remove the tan immediately. Rinsing with fresh water after getting out of the chlorine and reapplying one of the recommended sunscreens will help extend the life of your tan.

SPRAY TANNING FAQs

Will the spray tan turn orange?

No! Never! We have a NO ORANGE GUARANTEE! The only way a spray tan turns orange is if the spray tan professional is not highly trained in matching your skin color to the solution color, BUT WE ARE! We also only use brown-based solutions.

How long does the appointment last?

Your spray tan appointment is 15 minutes long. This time is for you to get your spray tan applied and dry thoroughly. If you need to use the bathroom and/or take your makeup off before your appointment, you will need to arrive a few minutes prior to your scheduled time to do so.

What do I wear when I'm getting sprayed?

Whatever you're comfortable in! Some clients wear a bathing suit, underwear, just bottoms and some even wear nothing! It's completely up to you, every client is different.

Does a machine do it?

No, all spray tans are done by hand by a highly trained and experienced professional who specializes in spray tanning!

Will it stain?

The solution typically doesn't stain or rub off on clothing, but in the chance that it does or if you wear a bathing suit/underwear while you're getting sprayed, the sooner you wash your clothing, the less likely it will get stained.



How old do I have to be to get spray tanned?

There is no age limit, but if you are under the age of 16, you need your parent or guardian to sign a consent form.

What do I do before/after my spray tan?

Before your appointment, exfoliate as much as you can (if possible) and shave. Make sure you have no lotion/moisturizer/cream, sunscreen or makeup on. After your appointment - depending on the solution you select - engage in no activities that make you sweat for 2-8 hours. See our Spray Tanning Tips (above) for more information.

How long does the spray tan last?

It lasts anywhere from 4-8 days, depending on your skin - every person is different. The more you moisturize, the longer it lasts. When your skin dries out, it sheds layers and the first layer that sheds is going to be the spray tanned one, so the more hydrated your skin is, the longer your tan lasts! Drinking a lot of water also prolongs the life of your spray tan.

Why get a spray tan from Glistening Goddesses?

Unlike some places, we SPECIALIZE in spray tanning. We don't just hire anyone to come in and pour solution in a spray gun. We have spray tan SPECIALISTS, who are highly trained and extremely experienced in spray tanning. There are a lot of factors that go into a spray tan, and we take each and every one of them seriously to perfect your spray tan so you leave here a GLISTENING GODDESS! We have TEN plus years of experience in specializing in custom, by hand spray tans.