# Spray tan advice sheet and aftercare

Thank you for choosing Groom and Butler for your spray tan. To ensure you get the  
   
most out of your tan and to ensure your tan looks even please follow these important instructions.

**Your tan will take 12+ hours to develop after your initial spray. The colour you have on   
leaving the studio will not be the final colour you will have the following day, so it’s very important to book your treatment time appropriately. Consider if you have to meet anyone, go back to work or have appointments. It’s always best to book a spray tan late afternoon or early evening and then head home afterwards.**

**Your tan will be at its peak 24/48 hours after it’s been sprayed. Consider this if you’re getting sprayed for a special occasion.**

**Pre-spray tan**

1. If you’re a new customer to Groom and Butler, it’s highly recommended you book a free client consultation at least 48 hours before your first spray tan for a patch test. You can book this on-line. A small amount of spray tan lotion is applied behind the ear and left there for as long as possible. If you’re allergic to any of the ingredients in the spray tan lotion this will be highlighted by the patch test.
2. On the day of your tan, exfoliate your whole body (with a body scrub) in the shower or bath. Ensure you really work the problem and hard skin areas
3. **Do not** moisturise your skin after your bath or shower as lotions and creams can prevent your spray tan from absorbing into your skin
4. Do you want any white bits? If so, consider the underwear you want to bring with you. If you don’t want any white bits, we’ll spray you naked. Don’t worry we’ve seen many naked bodies before so there’s no need to be embarrassed. We’re completely professional and don’t judge. We supply free of charge disposable thongs and hairnets if you wish to use them.
5. Ensure you have a separate bed sheet to sleep inside overnight, allowing your tan to continue to develop while you sleep. A separate pillowcase is also handy. You can wash these in the normal manner after 48 hours.
6. Wear or bring loose fitting clothes with you for your treatment. Anything with tight elastic will rub your skin and remove your new tan so consider a loose fitting top and jogging bottoms.
7. You’ll need to sleep in your newly sprayed tan overnight allowing it to continue to develop.
8. Remove any deodorant you have on before your spray tan, otherwise it may react with the liquid
9. We’ll help you select your tan colour from our three shades: Look like a “Celebrity” with a basic tan base, “Chocolate” will give you that sun kissed look like you’ve been away on holiday and “Sunset” will give you a dark tone, glowing look for impact
10. When it’s time for your tan, we’ll guide you through the positions to you need to take for that even look and your Butler Therapist will be with you at all times for that professional finish.

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**After your Spray Tan**

1. We’ll help you dry off and then you can change into your loose fitting clothes whilst your tan continues to develop. Go home and chill out!
2. Remember to sleep in your spare sheet and use and old pillowcase
3. The following morning, take a shower and rinse off the excess tan than hasn’t been absorbed. Your shower water will be brown, don’t worry this isn’t your tan coming off, it’s the excess spray that hasn’t been absorbed into your skin. Do not use a flannel, sponge or scrunchy. For best results use a gentle Ph balanced shower gel in your hands and shower as normal.
4. On stepping out of the shower, apply a body lotion to moisturise your skin when wet to help retain moisture.
5. Apply another coat before dressing for the day
6. Continue to apply body lotion when and where possible to maintain your tan
7. Drink plenty of water to hydrate your skin from the inside.
8. Avoid swimming pools as the chlorine will remove the tan
9. Remember your spray tan does not contain any sunblock so ensure you wear sunblock when in the sunshine.
10. Follow steps 13 to 19 for a long as possible to maintain your colour
11. Due to the normal bodies function to regenerate skin, it will start to fade over the week. Once this starts to happen use a body scrub and/or gently exfoliate to blend the tan back so it looks even across your whole body
12. For long term results we recommend you have a spray tan every week for the first four weeks and then consider reducing this to every other week once you have a great base. You’ll look like you’ve been on holiday 365 days of the year, even in the winter!