



SPRAY TANNING PRE & POST CARE INSTRUCTIONS

We look forward to seeing you at your appointment! Below are the pre- and post-care instructions for your treatment:

PRE-CARE INSTRUCTIONS:

Please do not:

- Have this treatment if you have any active skin infections, open wounds or severe skin conditions such as eczema, psoriasis or dermatitis
- Have this treatment if you are allergic to any of the ingredients

Please do:

- Inform your provider if you have any questions prior to the treatment
- Inform your provider if you have a tree nut allergy. A test spot may be needed prior to full body treatment
- Inform your provider if you have any medical updates
- Inform your practitioner if you have taken Accutane/isotretinoin (oral acne medication) in the past year
- Avoid cosmetic procedures such as microneedling, microdermabrasion, chemical peels and laser procedures in the treatment area for at least two weeks pre- and post-treatment
- Inform your provider if you are pregnant or breastfeeding
- Schedule a practice spray tan at least 30 days before an important event such as a wedding, family photos, graduation, etc.
- Glo MD Bronze & Glo Prep Polish and Tan Extending Body Butter are available to purchase to help extend your results

24 Hours Before:

- Exfoliate your skin thoroughly (especially elbows, knees, ankles, hands, and feet)
- Shave or wax any unwanted hair on your body. Do not shave the day of your tan
- Avoid bar soaps or oily body washes, oil scrubs or coffee scrubs. Residue can block absorption

Day of Your Appointment:

- Shower your body. Do not apply lotion, oils, deodorant, makeup, or perfume
- Avoid topical acne medication application
- Wear loose, dark clothing, and sandals if possible
- Remove jewelry, watches, and fitness trackers
- Tanning solutions are restricted to external application. Barrier cream, lip balm and nose plugs are provided to prevent solution from coming into contact with mucous membranes or inhaling product
- Women may undress to their comfort level and disposable thongs are provided
- Men must wear shorts, boxers, or swimsuit

POST CARE INSTRUCTIONS:**You will be instructed on processing time. During this time:**

- Avoid getting your skin wet, sweating, workouts, and tight clothing
- Do not apply lotions, makeup, or deodorant
- Wear loose, dark clothing
- Avoid activities that cause perspiration
- Do not exfoliate
- Some fabrics may be stained by tanning solutions. Please caution and care

First Shower:

- Rinse your skin with lukewarm water and soap
- Pat your skin dry. Do not rub or exfoliate
- You may notice immediate bronzing color wash off during your initial shower. This is the color guide and does not affect tanning results

Aftercare:

- Moisturize your skin twice daily with a fragrance-free lotion
- Avoid exfoliation, long hot showers, saunas, and pools
- Pat your skin dry after bathing instead of rubbing

Follow Up:

- If this procedure is part of a treatment series, schedule your next appointment 4-6 weeks later.
- Best results are typically achieved with 2-4 treatments.
- Please contact us if you have any questions or concerns. Text is the best method of contact if you have after-hours questions.

Thank you!
glo MD Aesthetics and Wellness

Call: 614-674-3020
Text: 614-423-0174