



**TOASTED TANS**  
**MOBILE SPRAY TAN**  
**931-3500-TAN**

### Post-Tanning Care Instructions

Thank you for choosing Toasted Tans Mobile Spray Tanning! To ensure the best results from your spray tan, please follow these instructions carefully. Proper aftercare is essential for achieving a long-lasting, even tan. If you have questions or concerns, contact us at 931-350-0826 or [ToastedTans931@gmail.com](mailto:ToastedTans931@gmail.com)

1. **Allow the Tan to Develop - Wait 8–12 Hours before showering:** Avoid water, sweat, or products (e.g., lotions, makeup) for at least 8 hours to allow the tanning solution to fully develop. Your technician will recommend a specific wait time based on the solution used. **Expect Some Color Rinse-Off:** During your first shower, bronzer may wash off—this is normal and does not affect your tan. Use lukewarm water and avoid scrubbing.
2. **Protect Your Skin and Tan - Moisturize Daily:** Apply a fragrance-free, non-oil-based moisturizer twice daily to keep your skin hydrated and extend the life of your tan. **Avoid Harsh Products:** Do not use exfoliants, retinoids, or oil-based products, as they can fade your tan prematurely. **Pat dry after showering:** Gently pat your skin with a towel instead of rubbing to prevent uneven fading.
3. **Prevent Staining - Wear Loose, Dark Clothing:** For the first 8–12 hours, wear loose-fitting, dark-colored clothing to avoid staining light fabrics or rubbing off bronzer. **Protect Bedding and Furniture:** Use dark sheets or towels to cover surfaces until your first shower, as bronzer may transfer. **Clean Up Spills Promptly:** If tanning solution gets on surfaces (e.g., furniture, floors), clean immediately with a damp cloth to prevent staining.
4. **Maintain Your Tan - Limit Water Exposure:** Avoid long baths, swimming, or excessive sweating, as these can fade your tan. **Stay Hydrated:** Drink plenty of water to keep your skin healthy and your tan vibrant. **Schedule Follow-Ups:** Most tans last 5–10 days. Book your next session with us to maintain your glow!
5. **Watch for Skin Reactions -** If you experience irritation or discomfort, rinse the affected area with cool water and contact us immediately. Discontinue use of any products that may cause a reaction. Per the Liability Waiver you signed, you are responsible for disclosing allergies or skin sensitivities before the session. Contact your healthcare provider if symptoms persist.

### Important Reminders

Results vary based on skin type, preparation, and aftercare. Following these instructions is critical to achieving the best outcome.

Toasted Tans Mobile Spray Tanning is not liable for suboptimal results or damage due to failure to follow these instructions, as outlined in the Liability Waiver.

Keep this sheet for reference, and reach out with any questions!

Contact Us

Phone: 931-350-0826

Email: [ToastedTans931@gmail.com](mailto:ToastedTans931@gmail.com)

Website: [Insert Website, if applicable]

Enjoy your radiant tan!

– The Toasted Tans Team