



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

### Toasted Tans Mobile Spray Tanning Pre-Tanning Preparation Checklist

Get ready for your flawless spray tan! Check off each step to ensure the best results.  
Contact us at 931-350-0826 or [ToastedTans931@gmail.com](mailto:ToastedTans931@gmail.com) with questions.

1. Exfoliate Skin: 24 hours before, gently exfoliate with a non-oil-based scrub, focusing on elbows, knees, and ankles.
2. Shower Day Of: Remove makeup, deodorant, perfume, lotions, and oils before your session.
3. Skip Moisturizers: Avoid creams or lotions, except on very dry areas if instructed.
4. Shave/Wax in Advance: Shave 24 hours before; wax 48 hours before.
5. Wear Loose, Dark Clothing: Bring dark, loose-fitting clothes and flip-flops to avoid rubbing off bronzer.
6. Prepare Service Area: Clear a 4x4-foot space; cover furniture/floors with towels to prevent staining.
7. Ensure Ventilation: Choose a well-ventilated area or open a window.
8. Disclose Health Info: Inform us of allergies, skin conditions, or medications. Request a patch test if concerned (48 hours prior).
9. Be On Time: Be ready for our technician's arrival.

Note: Per the Liability Waiver, you're responsible for following these steps and disclosing health concerns to avoid uneven results or issues. Keep this checklist for reference!



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### Toasted Tans Mobile Spray Tanning Post-Tanning Care Checklist

Maintain your radiant tan! Check off each step to keep your tan even and long-lasting.  
Contact us at 931-350-0826 or [ToastedTans931@gmail.com](mailto:ToastedTans931@gmail.com) with questions.

1. Wait 8–12 Hours: Avoid showering, sweating, or applying products for 8–12 hours (follow technician's guidance).
2. First Shower: Use lukewarm water, avoid scrubbing; expect bronzer rinse-off (normal).
3. Moisturize Daily: Apply fragrance-free, non-oil-based moisturizer twice daily.
4. Avoid Harsh Products: Skip exfoliants, retinoids, or oil-based products.
5. Pat Dry: Gently pat skin with a towel after showering to prevent fading.
6. Wear Loose, Dark Clothes: For 8–12 hours, use dark clothing to avoid staining.
7. Protect Surfaces: Use dark sheets/towels until first shower to prevent bronzer transfer.
8. Clean Spills: Wipe any tanning solution on furniture/floors immediately with a damp cloth.
9. Limit Water/Sweat: Avoid long baths, swimming, or excessive sweating.
10. Monitor Skin: If irritation occurs, rinse with cool water and contact us. Seek medical advice if needed.

Note: Per the Liability Waiver, Toasted Tans is not liable for issues due to improper aftercare or undisclosed allergies. Keep this checklist for reference!