



Spray Tan Client FAQ & Aftercare Instructions

To get the best, most beautiful results from your spray tan, please read and follow these important guidelines:



What To Wear During Your Spray Tan

Women - We believe in providing a comfortable experience tailored to your preferences. When it comes to attire during your spray tanning session, the choice is entirely up to you. You have the option to wear a swimsuit, undergarments, or receive the spray tan nude, based on your personal comfort level.

Men - To ensure an even tan line, it is advisable for men to wear undergarments that fit tightly around the leg or thigh area. For the safety and comfort of our spray tan artists, we kindly request that men wear shorts or undergarments during the session.

In compliance with gender discrimination laws, we understand that some men may prefer to be spray tanned nude. To accommodate such requests, we kindly ask that all clients born biologically male who wish to be sprayed nude notify our staff at least 48 hours prior to their scheduled appointment. You can contact us by phone at 303-587-6173 or via email at rockstarspraytans@outlook.com.

What Should I Wear After My Spray Tan?

Wear **loose-fitting long pajamas or sweatpants**, a **long, loose shirt that covers your elbows**, and **flip-flops** until your first shower.

Why?

Skin-on-skin contact (like bending arms or legs) creates moisture, which can affect how your tan develops. Loose clothing helps minimize friction, moisture, and the chance of smudging or uneven spots.

Will You Spray Under My Breasts or in Skin Folds?

By default, **we do not spray areas where skin regularly folds**, including:

- Under the breasts
- Between and under the buttocks
- Under skin folds (if applicable)

Why?

These areas tend to sweat and rub, which can cause the tan to break down and look patchy—similar to coffee ground stains.

Exceptions?

Yes, we can spray these areas **upon request**, but:

- We do **not recommend** it
- We **cannot fix** issues if you're unhappy with how it fades
- You'll have to wait for it to naturally fade off

Streaking or Splotchiness?

Before you leave, we **always check your tan in the mirror together**.

- The bronzer we apply acts as a **template** for how your final tan will look. We cannot streak you or make your spray tan splotchy.
 - We're human—mistakes are rare, but possible—so please check carefully before leaving that no body parts were missed.
 - After you leave the spa, we cannot be held responsible for any issues that result from not following the provided aftercare instructions.
 - *(We use the same solution on over 80 clients per gallon. If the issue were solution-related, multiple clients would be experiencing the same problem.)*
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Why Do I Look Lavender or Red Right After?

The violet tone in our formula helps balance orange tones in your skin. Don't worry—**the color you leave with is not your final tan color.**

When Do I Shower?

- Shower in 1 hour to obtain a light tan.
- Shower in 2 hours for a light/medium tan.
- Shower in 3 hours for a medium tan.
- Shower in 4 hours for a dark tan.

Trust us—rinsing before the full 4 hours is the #1 regret we hear. 99% of clients who rinse early come back saying, “I should’ve waited!” Our solution is designed to give you a rich, vacation-worthy glow—**not** a fake, orange, fitness-competition tan. **You’ll look bronzed, not bizarre.** Let it develop. You’ll thank us later.

- Use **lukewarm water only, no soap** for this first rinse.
- Make sure to rinse off **all bronzer**—leftover bronzer can cause streaks.
- Gently **use your hands to “squeegee”** your skin, especially under your arms and down your legs where water might not hit directly.
- Wait until the **water runs clear** before getting out.

 **Note:** You may feel like your tan washed off—**it didn’t!** Your real tan will continue developing over the next **24 hours.**

🚫 What Should I Avoid?

- No **tight clothing, socks** (you will look like you were playing golf), **or accessories** (like watches, necklaces, or sports bras) for 24 hours
- Avoid sweating, swimming, or getting wet during this development time
- No **Dove Soap**, which leaves a residue that can ruin your tan or **Mineral Oil** in any of your products, **including sunscreen**. *Below is an actual image from a gracious client who used Dove Soap before her tan.*



This is a actual image from a gracious client who used Dove Soap before her tan.

🛁 When Can I Use Soap?

During your **second shower and beyond**, you may use a **gentle, hydrating body wash**.

- Skip the loofah or washcloth to avoid exfoliating your tan off early
- Focus on washing your **pits and bits** to preserve your tan's longevity

💧 How Do I Make My Tan Last Longer?

- **Moisturize daily** (ideally, twice a day!)
 - Avoid lotions with **mineral oil**, as it can break down your tan
 - Hydrated skin = even fade and longer-lasting color
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