

Custom Airbrush Tanning by Kim Panzarella

Client Instructional Handout

(Contents: Pre and Post Tanning Instructions and Products to Avoid)

Pre Tan Preparation:

Shower, exfoliate, and remove body hair 24 to 8 hours before your tanning session

Skin should be clean and dry before being sprayed. Don't apply moisturizers, deodorants, oils or makeup after your shower/ before your tanning appointment. They can effect tan development. It is very important to make sure you don't have any of the above on your skin prior to your tanning appointment. The tanning solution interacts with the outermost layer of your skin to develop a brown/bronze tan. If you have moisturizers, deodorants, make-up or oil on your skin it will interfere with the development of your tan. They act like a "barrier" and prevent the tanning solution from absorbing into your outermost layer of skin affecting the overall look of your tan. These simple tips can make a big difference in the outcome of your tan. ☺

To avoid rubbing and pulling clothing over your fresh tan it is recommended to wear dark loose, easily cleaned clothing to appointment. Wear loose shoes (flip flops if it's not too cold or raining) I recommend bringing or wearing a dark snug swimsuit or under garment to create your "tan line" [wool, Lycra, nylon, spandex, silk can all stain]. I personally have a specific set of underwear that are all the same material, size and shape so I maintain the same tan line each time I tan. If you prefer, I offer disposable bra tops as well as under wear for \$2/each.

I recommend putting your hair in a hairclip or pony tail so it will be off of your face, and neck. I keep clean/sanitized headbands, hairclips, and elastics on hand if needed (there is no charge for using my hair supplies). I have new shower caps in stock for those who prefer to cover their entire head.

Remove all contact lenses and jewelry before being sprayed. You don't want your jewelry leaving unwanted tan lines around your neck, ears, fingers, wrists, etc...

My tanning solution contains an instant bronzer; however, your tan will continue to develop over the following 8-12 hours after you tan. It is important that you do not swim, sweat, bathe or exercise for a minimum of 6 to 8 hours. When you take your first shower don't be alarmed if you see some color wash off in the shower this is normal; this is excess solution (the instant bronzer). Don't worry you will still have a bronze tan developed in to skin.

If it is raining, bring an umbrella.

Please use the information provided above to plan your day accordingly so you can help in achieving the optimal level of your airbrushed tan! ☺

Post Tan Care:

Wear dark loose fitting clothing for 6 to 8 hours, while tan develops (this will avoid rubbing and pulling clothing over your fresh tan before it's completely developed).

My tanning solution contains an instant bronzer, however, your tan will continue to develop over 8-12 hours following you tan. It is important that you do not swim, sweat, bathe or exercise for a minimum of 6 to 8 hours.

After 8-12 hours you can shower normally, be sure not to use exfoliates or abrasives.

I recommend washing with a mild shower gel, preferably one that contains moisturizers.

Do not be alarmed if you see some color wash off in the shower this is normal; this is excess solution (the instant bronzer). Don't worry you will still have a bronze tan developed in to skin.

When you get out of the shower **Pat** your skin with a towel, don't rub skin dry.

Apply a moisturizer to your skin (damp or dry) ; you can use regular body lotion or a tan extender lotion (see me for recommended products, I have some products available on hand that may be purchased or I can order any product you'd like listed on my pre and post tan product list). Moisturize again before bed with a moisturizer of your choice.

If you can remember, try and apply a moisturizer twice a day, once in the morning and then before bed. If you are using a tan extending lotion you should use it once a day, or every other day.

I recommend you avoid exfoliating and if possible shaving (mainly shaving your legs) on the days between your tanning sessions. Shaving exfoliates skin, so fades tan. Use a sharp clean razor, with a lubricating product, Hair conditioner works nicely and usually won't "damage tan". Wash off conditioner when done. A dull razor scrapes off more skin and "tan"

Some products can cause faster fading, bar soaps; Alcohol based products such as toners and astringents, products that cause exfoliation such as AHAs, BHAs, Retin-A etc. Please see *Products to Avoid List*.

**If you have any questions please feel free to ask me
Thanks - Kim**

Products to Avoid:

This is a list of commonly used body care products that can have a detrimental effect on an Airbrush tan. This is not all-inclusive. Not everyone will have a problem with these items. This is only a guide. If you have any questions, please ask your tanning Technician.

The following products can lighten or make a sunless tan blotchy:
A women's tan may develop differently during various hormonal changes [ovulation, menstruation, pregnancy] It may be streaky, patchy, fade worse, or produce lighter or no color.
AHA products [Alpha Hydroxy Acids -glycolic, lactic, Malic, citric and Tartaric acids]
Anti-acne products that exfoliate, or dry the skin- Accutane, and Salicylic acid, can affect tan fading. Skin also peels, which can look unacceptable, especially with a tan. Antibiotics or other medications that affect your skin, can also affect your tan.
Anti-aging products that "renew" "refresh" or otherwise exfoliate skin,
Band-Aid or adhesive tape applied to skin will pull the "tan" off
Bar soaps, especially deodorant, or antibacterial varieties
BHA Products [Beta Hydroxy Acids-salicylic acid]
Body hair bleach products
Bore type adhesive facial strips, or "peel-off" masks
Bug spray, perfumes, body sprays when sprayed directly onto skin, can remove or fade the tan. Instead, spray clothing, or spray a "cloud" of spray that you can walk through, instead of directly onto skin.
Curel Lotion has destroyed a few tans.
Dove soap, and Dove Shower gel will fade a tan faster, on some people.
Facial masks and exfoliating scrubs
Hair Inhibiting Lotions [Jargons etc.] tend to make a sunless tan yellow.
If you exercise and sweat heavily your tan can fade faster, especially in body fold areas (arm bends, knee bends, between breasts etc.)
In winter skin is often very dry, and tan will fade faster. Switch to twice daily moisturizer use. Use a lotion after showering on damp skin. (Aveeno is very good) and a heavier body CREAM, or butter, just before bed. Body Butter can also be used twice daily. Regular exfoliation can be helpful.
Makeup remover cleaning products, or oils used to clean away eye makeup
When you get out of the shower Pat your skin with a towel, don't rub skin dry.
People with oily skin tend to develop a lighter tan then people with dry skin. The oils can coat the skin, dry skin absorbs more products faster, so can look darker.

Retin-A type products [Retin-A, Renova, Tazorac, Tretinoin]- all will cause faster fading
Shaving exfoliates skin, so fades tan. Use a sharp clean razor, with a lubricating product, Hair conditioner works nicely and usually won't "damage tan". Wash off conditioner when done. A dull razor scrapes off more skin and "tan"
Submersion in hot tub or swimming pool [an application of a thick waterproof lotion or sun block helps [try Bullfrog] Even a long hot bath can all affect the "tan" on some people.
Sweating feet inside shoes or behind knees and arm bends can fade a tan faster, or make the color guide look greenish or yellowish.
Toners containing Alcohols or Witch Hazel in the top three ingredients listed
Use of a loofa, scrub, mitt, etc. for daily washing. [Use a soft washcloth or "soft" poof for daily use]
Wax or Depilatory hair removal products [Nair, Veet, Neet etc]

If you have any questions regarding any of the information in this handout please feel free to contact me.

Thank You!

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