



GLO GUIDE

How to Prepare for Your Spray Tan

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A GLO-ing Start: 1-2 Days Before Your Tan:

Be an exfoliating expert! Use an exfoliating glove or mitt to scrub your entire body, focusing on dry areas like feet, knees, elbows, neck, underarms, and the back of arms. Avoid oil-based exfoliators or sulfates. Your technician can suggest suitable exfoliation techniques and products.

Go Hair-Free:

Ensure to shave or wax at least 8 hours before your appointment.

Sidestep-Specific Soaps:

Avoid bar soaps, DOVE, DR. BRONNERS, or DIAL products. These can upset the pH balance of your skin, resulting in an uneven, patchy tan.

Schedule Your Beauty Services:

Manicures, pedicures, waxing, facials, and massages should be done at least a day before your appointment to avoid creating a barrier for your tan.

The Day of Your GLO:

Dress Comfortably:

Opt for dark, loose clothing and slip-on shoes. Protect your fresh tan from the rain or snow with suitable clothing. No tight pants, white clothes, or socks, please.

Freshen Up:

Rinse your body without using soaps, shampoos, or conditioners.

Avoid Skin Products:

Steer clear of lotions, oils, perfumes, makeup, and deodorant before your tan.

After Your GLO Session:

Relax in Loose Clothing:

Opt for sweatpants, pajamas, flip flops, loose long-sleeve t-shirts, and avoid bras or tight clothes.

Shower After a Pause:

Wait for at least 12 hours before your first shower. Rinse off all cosmetic bronzers with cool water.

Hydrate Your Skin:

From the 24-hour mark, moisturize your skin daily. Avoid products with mineral oil, AHAs, petroleum, ethanol, and alcohol.

Shower Smart:

Avoid long hot showers, baths, and exfoliants for 5-7 days. Opt for a cleanser suitable for tanned skin.

Don't to Remember:

Avoid sitting directly on leather or light fabrics post-tan, stay away from water and exercise until after your first shower, don't exfoliate until your tan has faded, and don't worry! The cosmetic bronzer washes off in the first shower, leaving your beautiful GLO tan behind.