

TANNING INSTRUCTIONS

- **DO NOT USE ANY HOME SELF TANNING SOLUTIONS, 10 DAYS PRIOR TO YOUR FEISTAN SPRAYTAN**

- Before tanning it is recommended that you:
 - Shower
 - Shave legs (If you are an older dancer and currently shave your legs) (If you are a younger dancer and you don't currently shave, that's fine, your tan will look great)
 - Exfoliate, especially knees and heels
- Be prepared for your tanning appointment
 - Wear loose dark colored cotton clothing (Preferably a skirt instead of shorts, this will help avoid any issues while pulling up a pair of shorts right after your tanning procedure) to and from the appointment. The Hotel requests that all guests be properly attired in all public areas of the hotel.
 - Wear flip flops to and from your appointment.
 - Wear underwear or a bathing suit to your appointment.
 - Do not wear deodorant, moisturizer, perfume, or makeup to your appointment as any of these could hinder your skin's ability to absorb the spray tanning solution.
- After tanning you should NOT:
 - Shower for at least 8 hours (for best results do not shower until the next day)
 - Swim (Swimming should be avoided completely until after you compete, the chlorine could have an adverse affect on your tan)
 - Sweat excessively
 - Wear tight fitting clothing, including tights, for at least 8 hours.
 - Wear your costume, dance socks, or tights until you have showered and rinsed off the excess bronzer after at least 8 hours.
 - Exfoliate or shave
- After at least 8 hours when you take your first shower:
 - The water will turn brown. This is the excess bronzer rinsing off and is normal.
 - Your First shower should be a light rinsing shower. However, you do want to rinse the excess bronzer off completely so apply the water thoroughly and use your hand to lightly rinse your skin. If your tan doesn't look uniform after you shower, that is an indication that you did not rinse off all of the Bronzer. Go back into the shower and finish rinsing off the bronzer.
 - Do not use a wash cloth and do not scrub your tan.
 - When you finish your shower, pat yourself dry and do not rub your tan with a towel.
 - Moisturize your tan

For best results after you tan:

- Air brush tans will last 4 – 7 days after the application if taken care of properly and depending on your natural skin color and pH balance.
 - The longer you wait to shower after you tan the deeper and darker your tan will be.
 - After 24 hrs, you should moisturize your tan and minimizing shaving to help the tan last longer.
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- Remember that it is normal for some of the bronzer to come off on your clothes before you take your first shower. That is why we recommend wearing dark colored, loose fitting, older clothes during this time.
 - It is possible that if you don't fully rinse off the bronzer before wearing your costume, that some of the residual bronzer could transfer to the inside of your costume. DO NOT panic; use a warm, wet washcloth to remove as soon as possible.
 - If you are getting a full body tan, we recommend that you wear a tank top or t-shirt under your costume.
 - Tanning services are only available for female clients. Clients may only be accompanied by female guardians. All tanning services are performed by female technicians.

It is very important that you DO NOT use any home self tanning lotions or sprays, 10 days prior to your Airbrush Spray Tan Appointment.

Frequently Asked Questions

How Does Air Brush Spray Tanning Work?

Your body is sprayed with a solution that contains a percentage of DHA (DiHydroxyacetone), a colorless solution that reacts with the protein in the outermost surface of your skin. When DHA and the protein in your skin oxidize, it creates a brown temporary color. The solution also contains a bronzer which helps in the oxidation process and helps the technician create a uniform tan.

Is Air Brush Spray Tanning Safe?

Yes!!!! Spray tanning is safe as it actually works directly with your skin pigmentation just like tanning in the sun, but without the damage caused by the sun's harmful rays.

DHA has been approved for cosmetic use by the Food and Drug Administration (FDA) and the Canadian Health Ministry. It is a non-toxic solution. DHA based sunless tanning has been recommended by the Skin Cancer Organization, the American Academy of Dermatology, The Canadian Dermatology Association, and the American Medical Association.

Will I Look Orange or Streaky?

No, absolutely NOT!!! Orange color is the result of older tanning agents that are no longer used in the spray tanning industry or the result of tanning pills. The DHA solution that Feistan uses is more refined and of a much higher quality than DHA solutions that were used in the past. Streakiness is caused by the improper application of home tanning creams and sprays.

Will My Tan Be Instant?

Yes your tan will be an instant tan that will continue to develop over the next six to twelve hours. Please follow the tanning instructions for the best results.

Does The Tanning Solution Contain Any Sunscreen?

No! The tanning solution does not provide any protection from the sun and does not contain any sunscreen.

When Should I Get a Manicure or a Pedicure?

At least 36 hours before your air brush spray tanning appointment.

Can I Go Swimming Or Workout?

The same answer for showering applies to working out. You must wait at least 8 hours to give the DHA time to react with your skin before disturbing the application. Swimming should be avoided completely until after you compete. The chlorine can have an adverse affect on your tan.

I Have Waited At Least 8 Hours to shower After My Spray Tan, Why Did The Shower Water Turn Brown?

The bronzer in the solution is temporary and it is what gave you the immediate color. The real color is the result of the DHA reacting with the proteins in your skin. The real color develops behind the bronzer over 8 – 10 hours. So do not be alarmed when taking your first shower. The brown is the bronzer and it is supposed to come off. The lasting color is what is left behind.

Will The Tan Rub Off On My Clothes, Socks or Bed sheets?

There is a good chance that the bronzer will come off on your clothes and/or bed sheets before you take your first shower after the air brush spray tan is applied. It will come out in the wash as long as you do not wait an extremely long amount of time to wash the items. We recommend that you wear dark colored, older, loose fitting clothes. It is not recommended that you wear your dance socks, your costume, or tights before you have showered and rinsed the bronzer off after at least 8 hours.

