



Airbrush Tanning Information and Care

What is Sunless Airbrush Tanning: Airbrush tanning is accomplished by the application of a solution containing Dihydroxyacetone (DHA), the main ingredient that produces the tan effect. DHA has been approved by the FDA for external cosmetic purposes. It is not absorbed into the skin but works by reacting to the protein, or amino acids, in the outer layer of skin. This reaction produces a healthy, natural bronze color without the harmful effects or long-term damage of UV rays. The DHA is not permanent, but like a natural tan, it will not wash off. Usually spray tanning solutions contain a bronzer, or color guide, that helps the technician apply the solution smoothly and evenly. The bronzer is not a dye or stain. It is a temporary additive that gives an immediate golden color that washes off with the first shower.

Unlike automatic spray booths, the solution is customized for your skin type and preference and is applied by hand reducing the chance of drips, streaks and over application that can lead to "off" color results. Extra attention can be given to areas that are hard to reach or have a tendency to react more with the DHA, such as dry areas of the elbows, knees and heels. The life of your tan depends on many factors such as pre-tan and post-tan care, individual skin type and reaction to the DHA. With proper pre-tan showering and exfoliation and post-tan maintenance, it can last up to a week, and in some cases a little longer. Spray tans fade like natural suntans. As the top layer of skin cells are shed and replaced, your tan will fade. Therefore, you should schedule your spray tanning sessions at least every 7 to 10 days.

4 STEPS TO YOUR PERFECT SUNLESS TAN

1. Prepare:

- Shower, shave and exfoliate 8-12 hours before your tanning session. Pay extra attention to dry areas such as elbows, knees, and feet. You can exfoliate using an exfoliating scrub or by using simple water and a loofah or exfoliating glove.
- If you wax, please do so at least 24 hours before scheduling your tanning session.
- Deodorant, makeup, lotion and other toiletries can block absorption of the tanning solution and affect your tan development. So, try not to wear any of these products prior to your session.
- Wear dark, loose fitting clothes and flip-flops to your appointment. Avoid tight straps and/or clothing as these can rub the tanning solution off. The bronzer is water soluble and will wash out of most synthetic materials without pre-treating. A dark swimsuit or undergarments works well for the tanning session. Also, you may want to bring a dark towel to cover car seats to protect them from any bronzer. Materials such as nylon, Lycra, spandex or silk could stain and should not be worn to your appointment or prior to your first shower.
- Please do not wear contact lenses or jewelry to your appointment. Crystal's Essentials, LLC is not be responsible for lost or stolen jewelry, clothing, and/or damage to your belongings.
- Tanning products can be drying to lips and can cause discoloration, so it is best to protect them with lip balm.

NOTE: Your technician will consult with you about your session, your current physical condition, medical history, and other pertinent information in order to make this a more valuable experience. Please tell your tanning technician about any past allergic reactions with DHA products or other medical concerns. Crystal's Essentials, LLC is not responsible for the aggravation of any medical conditions that may occur during or after

use. If you have a history of asthma or other respiratory or medical conditions, it could be aggravated by the use of the airbrush tanning process and a consult with your physician should be done before proceeding.

2. Prime and Bronze: Your technician will leave the room to allow you to undress. The amount of clothing you wish to remove depends on your choice and level of comfort, but bottoms must be worn by all clients. Spa undergarments are available upon request.

- Pull hair up and away from face and neck with hair tie (if available) and cover with hair cap (supplied).
- To protect mucous membranes, disposable eye shields and breath-through nose plugs are available and recommended. Please let your technician know if you prefer to use these.
- Dry area, like hands, elbows, knees and ankles tend to grab the DHA more easily. Apply barrier cream to these areas and tops of feet. Notify technician when you are ready.
- To maximize your sunless color result, we recommend our ***Pre-Tan pH Balancing Spray*** treatment. It's formulated to help balance and prepare the skin by locking in moisture, boosting amino acid levels and enhancing the DHA effects. Let your technician know if you want to add this service.
- You will be instructed how/when to move as the solution is being applied. This process takes approximately 10-15 minutes.

3. Enhance and Set: Extending your tan as long as possible depends on following post-tan instructions and follow-up skin care. Ask your technician about our post-tan ***Hydro-Firm Moisturizing Spray***, formulated to enhance and extend your sunless tan.

- Allow 10 minutes to dry prior to getting dressed.
- Avoid anything that may cause you to perspire or get wet for at least 6 hours (preferably 8-10 hours), including washing your hands, dishes, etc., as these may cause streaking or spotting.
- No pedicures the day of your tan.
- If you choose to sleep in the bronzer, sleep on dark sheets or blankets as it may rub off.
- Wait 8-10 hours to shower or exercise...the longer the better to allow time for the solution to react with the amino acids in your skin. The first shower should be a rinse, no shampoo or soap. The cosmetic bronzer will wash off in the first shower. This is normal and is not your tan. Pat dry, no rubbing with a towel.

4. Maintain and Prolong:

- Avoid long, hot baths, hot tubs and excessive swimming. Pat your skin dry, no rubbing with a towel.
- Since the tanning solution interacts with the outermost layers of your skin to provide your tan, avoid anything that exfoliates your skin, including shaving (limited if possible), waxing and use of loofahs or exfoliating gloves.
- Hydrated skin will retain your tan longer. Hydrate and extend your color between sessions with our ***Sunless Color Extender - Prolong***, a daily moisturizer with a hint of DHA.

NOTE: Spray tan solution does not contain SPF, so be sure to apply a good sunscreen while in the sun.

Possible Adverse Effects, Risks: Although there is no evidence spray tanning or sunless tanners have any harmful effects during pregnancy, I always advise that you check with your doctor prior to using any sunless tanner in order to make a safe and informed decision. Although rare, allergic reactions can happen. If you notice a rash or reddened areas on your skin following your tanning session, there is a chance you are allergic to DHA. But, keep in mind that you may not be suffering an allergic reaction but skin irritation from exfoliation. **I strongly urge clients to notify their technician during the intake and evaluation process if allergies, or other health issues, are a concern. If you feel you are having an allergic reaction, stop using sunless solutions and contact your physician or healthcare provider immediately.**

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