

# Want to Get a Sunless Tan? Here are the Best Care Tips!

*You don't have to spend long hours in the sun to get the tan of your dreams – try a sunless tan!*



*Source: Pixabay*

If you are looking for the quickest and easiest way to look and feel 100 times sexier by getting the perfect off-the-beach look, you know what to do – spray tanning! Sunless spray tanning has been around for a while, but now it is safer and smoother than ever.

Now you can enjoy high-quality products like Norvell (which we use, by the way), user-friendly application methods, and awesome results. That too, without an embarrassing orange color or the ‘spray tan smell’ that have (thankfully) become a thing of that past!

## A Little Care - That's All You Need

Whether you are getting your spray tan done at a salon or if you are trying out a self-tanner home session, there are a few things that you need to be careful about. The quality of your tan relies heavily on the type of solution you select, but how well you care for your skin before and after the treatment is crucial too.

Tanning solutions work by depositing color agents into your skin's top layers. This means that any imperfections in the evenness of your skin are likely to become more prominent after your tanning session. Dead skin cells and debris don't help the situation, and may even cause unsightly streaks and patches.

That's why we recommend these simple before and after care tips for you.



*Source: Pixabay*

## BEFORE

- **Exfoliate – it's a must!**

Have you ever experienced that after a week after your spray tan, your skin starts looking scaly? Well, that happens because of not clearing away the dead and dry skin cells. This is why you need to exfoliate before the tanning session so that your skin is fresh and ready to apply a nice, glowing tan.

- **Wax or shave 24 hours before**

Waxing involves a risk of leaving leftover wax on your skin. If this is not removed properly, it could result in untanned lighter spots on your skin. The heat from the wax can also open up your pores, and this can allow the self-tanner solution to seep in and leave blotchy, unpleasant spots on your skin.

Similarly, with shaving, there is a risk of scrapes or cuts from the razor, which need to be healed before tanning. Therefore, it is best that you wax or shave 24 to 48 hours before the tanning session.

- **Avoid a hot shower**

- The steam from a hot shower will open up your pores, where spray tan may settle in and leave ugly brown spots. If showering is absolutely necessary, you may end it with an ice-cold rinse or run ice cubes over your body afterwards to tightly close your pores.

- **Avoid facial treatments**

- Getting a facial before a spray tan is not a good idea for the same reason – you could end up with unpleasant spots that look like blackheads if the tanner seeps into the open pores. You should also avoid acne medications and laser treatments because they tend to dry out your skin and leave blotchy marks on your skin after tanning.

## When Going for Your Tanning Appointment

- Wear clothes that are dark, loose fitting and flowy. Choose an outfit that you won't mind getting some bronzer stains on. The DHA and bronzer may take up to 15 minutes to dry, so tight clothes may rub off your tan and also stain your clothes. You may also skip wearing a bra if you are comfortable with this.
- Remove moisturizer, makeup, deodorant and perfume.

## AFTER

- Wait for your skin to dry up completely before getting dressed.
- Try to avoid sweating excessively, vigorously exercising, swimming or showering for at least 8 hours after the session. This will allow your tan to develop and settle. Gently pat dry your skin after the first shower, and moisturize your skin.
- Don't wear tight clothes, long boots, socks or shoes for at least 5 hours after your tanning session.
- Avoid shaving for 12 hours after the session.

Follow these easy steps, and you will have a gorgeous tan that you will fall in love with, for sure! For other useful tips, don't hesitate to reach out to us. [Beauty Babe Club](#)'s beloved expert, Kimberly Culbertson is here to guide you through your exciting tanning journey! She also offers one of the best [spray tanning services](#) in San Diego.