



ROK Beauty Bar  
14 Hinrichsen Drive, Hallam, Vic

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Wax, Lash, Tan, Gorgeous

SPRAY TANNING PRE & POST INSTRUCTIONS:

- Exfoliate 12 - 24 hours prior to your spray tan.
- Do not perform any hair removal (waxing, threading etc) for at least 24 hours prior to your spray tan.
- Arrive to your appointment with clean skin – no makeup, moisturizers, lotions, sunscreen, deodorant etc.
- You can wear dark underwear, or a disposable g-string (provided), or be naked for your spray tan.
- Wear loose, dark coloured clothing after your tan – eg a loose dress and thongs.
- Avoid contact with water and sweat until it is time to rinse off your tan.
- Avoid waxing and exfoliating after your spray tan (you will remove your tan).
- Avoid friction/rubbing on the skin before it's time to rinse off your tan.
- Moisturize your skin every day after showering, or use a gradual tanning lotion beginning on day 3, to help your tan last longer.