



SPRAY TAN PROTOCOL

Preparation

Make your client comfortable, confident and ready to tan:

- Have everything prepared for spray tanning including a towel laid out and sticky feet set out in front of the tent.
- Bring client into the room. Ask them to undress to their level of comfort. They can choose to wear their own underwear but also offer paper underwear as an option along with a paper hat.
- Step outside the room to allow your client to get undressed but ask them not to step inside the tent until you come back in the room.
- After 2 - 3 minutes, knock on the door and ask if your client is ready for you to come back into the room.
- Your client may feel self-conscious – your job is to make them feel completely comfortable and at ease.
- Adjust their paper hat so that it sits behind the edge of their hairline.
- If your client expresses body image concerns, explain that you tan hundreds of people and all you see is skin, so there is nothing to worry about! Then move on to preparing your client for their spray tan.
- Ask your client to step on their sticky feet in front of the tent.
- Spray **Skin Plumping Peptide Mist** onto your client's paying particular attention to any skin irregularities. Include your client's face, underarms, tops of hands and feet.
- Explain why you are applying the Peptide Mist – to balance pH level of their skin, which will ensure and enhance a beautiful, even tan.
- Barrier cream: ALWAYS start with hands, then elbows, then knees, then feet LAST.
 - Hands: Start with palms facing up and apply a thick (i.e. visible) layer of barrier cream across palms, blending to the wrist. Apply an extra layer to the heel of hand. Lightly blend barrier on the sides of the hand. Then turn hands over and apply barrier cream across the whole top of hand, blending at the wrist.
 - Elbows, Knees and Ankles: Apply appropriate amount of barrier cream depending on dryness of areas.
 - Feet: Begin at the back of the ankle and apply barrier cream across the back of the ankle, heel, edges of feet and across the top of the foot.
- Instruct your client to follow your instructions and demonstrate initial tanning position – arms out to the side with palms of hand parallel to the floor and a slight bend at the elbows.
- Ask your client to step in the tent and turn their back towards you while maintaining their arms in that position.

Tanning

- Visualise the gun head as a flat foundation brush held horizontally (during training have an actual brush available) - this shape is how the spray comes out of the gun. To achieve an even tan, as with a brush stroke, the gun must be in movement before trigger is pressed. Trigger is released while gun is still moving - all spraying of the body must be done while the gun is already moving in a sweeping motion.

Tan is affected by:

- Distance of gun from body (has to stay constant at approximately 6 inches from body).
- Speed at which you tan, and the speed at which the tan is leaving the gun. Adjust gun pin accordingly.

Back

- The Back:
 - Direct gun above the left shoulder, start a downward movement and press the trigger when the gun is parallel with top of the shoulder. Maintain same distance from the body at all times, following contours of the body, and release the trigger at hip. Repeat until all of the back is evenly covered.
- Back of arms:
 - Tilt gun so it follows the contour of the arms. Start above the shoulder and press the trigger at the shoulder, moving down the arm to the wrist. Release trigger prior to gun reaching the wrist. Depending on size of arms, repeat movement down the upper arm to tan the visible area.
- Back of the legs:
 - Move gun from above the hip and press the trigger where untanned area begins. Start at the center of the thigh to cover the calf and proceed towards ankle. Release trigger prior to gun being parallel to heel. Repeat movement as required to tan visible area. It is likely that the thigh will be wider than the calf so it may require repeat movements. Stop these movements at the knee so below the knee is not over-tanned.
- Optional – Under buttock cheeks:
 - Some clients may experience a white tan line at buttock. To avoid this, ask them to widen their legs and lean slightly forward while you tan back of legs. This will stretch out the area and allow for perfect coverage. NEVER verbalize the reason for leaning forward unless client asks. IF they do ask, explain that this ensures a perfect result in areas where even sunbathing fails and that's what makes spray tanning with us THE best way to achieve the perfect tan.

Side

- Sides of Body:
 - Ask client to face the side of the tent. Instruct (show) client to move a slightly bent arm away from the body and proceed to tan from shoulder down to the hand, moving gun away slightly when approaching the wrist, and releasing trigger prior to moving parallel to wrist.
 - Ask the client to raise their arm. This allows you to lightly tan under arms, side of the body and side of breast, where applicable. Use motions appropriate to client's shape so that you create even coverage on entire side of body down to hip.
 - Tan side of the leg, using more than one movement to tan the side of thigh, as per back of leg, without over-tanning side of shins.
 - Ask the client to turn to face the opposite side of the tent and repeat the 'Sides of Body' steps.

Front

- Optional – Under breasts:
 - Clients with larger breasts may require an additional spray underneath the breast area to achieve an all over, even result. If your client requests this, instruct them to support their breasts using their under forearms (not yet tanned) and tan this area with two light sweeps prior to tanning the chest/decollete. Be careful not to tan the forearms at the same time!
- Décolleté:
 - Ask the client to face you. Start motion of gun above shoulder, pressing trigger when gun is just above shoulder level. Tan from left to right and avoid tanning the neck. Remember to copy client's body shape, moving the gun in such a way that the distance between the gun and body always remains the same.

- Stomach:
 - As with the back, tan the stomach using vertical sweeping movements, and only pull trigger when gun is parallel to untanned area.
- Arms:
 - Arms should be slightly stretched out to the sides, to ensure they are not making contact with the sides of the body. Fingers should be pointing down and slightly separated. Start above shoulder and move down towards hand, releasing trigger at wrist. Ask client to set arms forward and twist them out. Check whether the inner area of arms is tanned. Should it require further tanning, pull the gun slightly further away to create a natural look on inner arms. Release trigger at wrists.
- Hands:
 - With hands shaped like a claw and at double distance from body, quickly sweep gun wrist to finger tips down middle, and at each side. This is a very quick and distant movement, to ensure lighter coverage on this delicate area.
- Legs:
 - Shins tend to be a little further back than thighs, so move gun in parallel with client's contours. Tan from top to bottom at center of leg (thigh to ankle), releasing trigger prior to ankle. Keep gun at an equal distance from body at all times. As with the back and side of the legs, the thigh may require more than one movement. If so, stop at knee in order to not over-tan the shin. Ask client to twist one leg outward (demonstrate) and spray the inner area of leg. Release trigger just prior to ankle and repeat for second leg.
- Feet:
 - With gun double distance from body, quickly sweep across foot in an X shape to lightly tan this delicate area.
- Face & Neck:
 - Instruct client that you will tan the face in three quick motions during which they must keep their eyes gently closed and hold their breath. Proceed from left to right. Tell client when you've finished three motions. Then ask client to turn head to side and tan from above ear, through neck and onto shoulder. Do the same on the other side. Ask client to look up and check that area of neck of underneath chin is tanned. Where appropriate, spray lightly in an upwards motion to tan this area.

The Perfect Finish

- Turn gun off and immediately instruct client to not touch any part of their body as they have barrier cream on their hands. Explain that they can redress after you wipe their finger and toe nails and give them some top tips for prolonging their tan.
- Using a wipe start removing barrier cream from palms. Do not touch hands from bottom. Pay special attention blending the wipe off around the wrist lines for a perfect result. Then wipe each finger and toenail to remove excess tan solution.
- If there is an excess build-up of tan solution and barrier cream on the knees or elbows, blot these areas very gently with a dry paper towel.
- Instructions for Client:
 - Your tan will get develop over the next 4 - 6 hours. For the darkest, longest lasting result, avoid exercise and any activity that could cause you to sweat. Do not moisturize or wash during this period.
 - If tinted solution was used, acknowledge that the bronzing guide color will wash off during the first shower, but that their tan will remain underneath. Recommend that the client moisturize daily using **Moisture Boost Body Treatment**, formulated to enhance the tan while nurturing body with botanical extracts. It's the best.
 - When booking the spray tan, your client should have been informed to wear dark, loose clothing to the appointment. However if the client is wearing light, tighter clothing, you should inform them that slight transfer might occur. This is removed easily when washed.
- Assist client in removing the sticky feet and paper hat.

Grand Finale!

- The Vita Liberata Moment! Invite client to reveal side of underwear to show the before and after result and share the happy moment of enjoying a beautiful, even, healthy, moisturising tan....