

PRE TAN INSTRUCTIONS

Prepare to Glow

1

Shower 4-24 hours before appointment. Ask me about spray safe body wash!

2

Shave 4-24 hours before appointment. Avoid shaving cream or lotioned razors.

3

Exfoliate body and face 4-24 hours before appointment with mitt. Complete this AFTER shaving. Ask me about the best exfoliation mitt!

4

Ensure you have NO products on for appointment (moisturizer, lotion, deodorant, makeup, perfume, etc)

5

Make sure to have spray safe lotion and loose, dark clothing on hand for after appointment. ask me about the best lotion!

6

Invite your friends! I offer discounted rates for parties of 3 or more. Follow @theglowdr__ on instagram for more tan tips.

PRODUCT MENU

Get the Most out of Your Tan

1

Exfoliation Mitt: dual purpose for pre tan exfoliation and tan removal - \$10
RECOMMENDED

2

Spray Safe Body Wash: preserves tan longevity & prevents stripping/streaking - \$22
RECOMMENDED

3

Spray Safe Moisturizer: preserves tan longevity & prevents uneven fading - \$25
RECOMMENDED

4

Tan Extend Lotion: extends life of tan for weeks! - \$24

5

Gradual Self Tan Lotion: buildable color tan for your perfect shade - \$26

6

Self Tan Mousse: professional grade solution in self tanning form - \$35

All products delivered by Cassie free of charge. Become a bundle or monthly member for 15-20% off all products!

POST TAN INSTRUCTIONS

Make it Last

1

Wear loose, dark clothing until first rinse - avoiding leggings, tennis shoes, and tight bras.

2

Rinse off after recommended hours for maximum of 3 minutes, in lukewarm water. Do not use any soap. Color showing in water is normal.

3

Always pat dry with towel - never rub. Avoid loofahs & washcloths for life of tan.

4

Apply first spray safe lotion 24 hours after appointment and then 2x per day for remainder of tan life. Ask me about spray safe lotion!

5

Avoid anything that may strip the tan (retinol, exfoliating acids, scrubs, aerosol sunscreen, shaving cream, heavy oils, Dove products)

6

Please support! Tell your friends (\$5 off for every referral), tag me @theglowdr__ on Instagram, or leave a 5 star Facebook review :)

ENJOY YOUR EXPERIENCE?

How to Support my Business

1

Tell your friends! I give you \$5 off for every person you refer--uncapped! Feel free to send anyone the attached coupon.

2

Follow me on Instagram @theglowdr__ and tag me in your posts! I also run deals and give tips on here frequently.

3

Leave a 5 star review on my Facebook page @The Glow Dr. This really helps!

4

Planning on rebooking? Take advantage of bundles and monthly memberships for highly discounted tan and product rates. Visit www.theglowdrtanning.com to join.

5

Grab some products! I offer gradual tanning lotions and professional grade self tanning mousse for below MSRP. Message me or visit my website to order .