



BELLA VIA  
Skin and Body Therapies

## Spray Tanning Recommendations

### Frequently Asked Questions:

- **What is the purpose of a Spray Tan?**

Spray Tanning is a safe alternative to tanning outdoors and in tanning beds. It provides healthy and natural-looking color in minutes. Please note that Spray Tanning does not offer protection from the sun, and that sunscreen is still necessary to prevent damage from harmful UVA and UVB rays.

- **Is the tanning solution safe to use?**

Our product has been extensively tested and is safe for all skin types. It does not contain any toxic ingredients or harmful chemicals, perfumes, alcohols, or dyes. Dihydroxyacetone (DHA) is the active ingredient in our solution; it reacts with the skin's amino acids to produce a tan similar to that of the sun. The only other ingredients in the solution are Purified Water, Saccharum, Officinarum, Whole Leaf Aloe Vera, Sodium Benzoate, and Potassium Sorbate. If you are allergic to any of these ingredients, it is advised that you do not get Spray Tanned.

- **What is a Spray Tanning session like?**

During your session, a well-trained technician professionally applies a tanning solution with state of the art equipment in a private room. You will receive an immediate tan due to the instant bronzer, and your tan will continue to develop and become darker during the 6-12 hours following your tanning session. Please be advised that some skin types do not react favorably to Spray Tanning. For this reason, we do not advise being sprayed for the first time when your appearance is critical (weddings, special occasions, photography sessions, modeling assignments, etc.)

- **How long will the tan last, and what color will it be?**

Your tan will naturally fade after 5-10 days, depending on your skin type, your preparation, and the way you care for your tan. Spray Tanning longevity varies from person to person and according to your lifestyle. The darker you tan naturally, the darker you can tan with a Spray Tan.

### Pre-Tan Preparations:

- Shower, exfoliate, and remove body hair 8-24 hours prior to your appointment.
- Don't apply moisturizers, lotions, deodorant, oils, makeup, or perfumes before your session, as these can interfere with the development of your tan. The tanning solution interacts with the outermost layer of skin. Therefore, these products can create a barrier and prevent the tanning solution from absorbing properly, which can affect the outcome of your tan.
- Wear dark, loose, and easily cleaned clothing to avoid rubbing or pulling clothing over your fresh tan. Cotton clothing is optimal. Do not wear socks or tight fitting clothing.
- Wear loose fitting shoes (flip-flops are best). For optimal results, Bella Via offers topless sandals for \$2.00.
- If possible, do not bring or wear jewelry to your appointment. Jewelry can leave unwanted lines around your neck, wrists, and fingers during and after your tanning session.
- Remove contact lenses prior to your tanning session.
- We recommend that clients wear dark undergarments or swimwear during the tanning session. Female clients over the age of 18 may choose to tan topless or in the nude, or disposable bikini bottoms can be purchased for \$.50. Male clients are required to wear bottoms (swimwear, boxers, or shorts). Disposable briefs can be

purchased for \$.75. Clients under the age of 18 must wear full swimwear. Note: wool, lycra, nylon, silk, and spandex have a tendency to stain.

- Your hair should be pulled back so that it is off your face and neck. Bella Via supplies new shower caps and/or sanitized bobby pins at no extra charge.
- Bring an umbrella if there is a chance of rain.

### **Post-Tan Tips:**

- Do not swim, bathe, sweat, exercise, or sit on leather seats for a minimum of 8 hours (12-16 hours is recommended).
- Continue to wear dark, loose-fitting clothing and flip-flops or no footwear for 6-8 hours after your session.
- Avoid excessive touching or rubbing of any tanned areas.
- It is okay to shower after 8-12 hours, but if possible, wait until the morning after your session. When showering, do not be alarmed if you see some of the color wash off; this is excess solution from the instant bronzer, and is completely normal.
- When showering, do not use exfoliants, wash cloths, or loofahs. Instead, use a mild shower gel that contains moisturizers or non-scented soap.
- After showering, pat your skin with a towel; do not rub your skin to dry.
- In order to maintain your tan, apply regular lotion (twice a day) or a tan extender lotion (once a day or every other day), and return for your next session in 10 days.
- Avoid shaving and exfoliating for as long as possible; this causes fading. When you do shave, use a light touch with a sharp razor.
- These products can cause tans to fade: scented bar soaps; facial toners and astringents; skincare cleansers and products containing acids, AHAs, and BHAs or other exfoliants; Retin-A; band-aids; antibacterial soaps; bug sprays; body sprays and perfumes (spray clothing instead of skin); and makeup removers. Also, please note that exposure to salt water can shorten the life of your tan.
- Any minor bronzer rub-off will easily wash out of most fabrics.

**To schedule your appointment, or for any questions or concerns, please call us at 419.534.6552.**

**BELLA VIA SKIN AND BODY THERAPIES – SPRAY TANNING INFORMATION FORM**

Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell: \_\_\_\_\_ Work: \_\_\_\_\_

Email Address: \_\_\_\_\_ Occupation: \_\_\_\_\_

(Your email address will be used for appointment confirmations, quarterly newsletters, and to alert you of specials and promotions.)

How were you originally referred to Bella Via? (Please circle and add note if applicable.)

Dr. Colville   Dr. Zavell   Website   Friend: \_\_\_\_\_ Other: \_\_\_\_\_

Have you ever been Spray Tanned before?   Yes   No

For pregnant or nursing mothers: by signing below, I agree that I have consulted and received permission from my physician to receive Spray Tanning.

Minors under the age of 18 must have written parental consent in order to receive Spray Tanning.

I understand that the development and lifetime of my Spray Tan is largely dependent on my compliance to the suggested pre-tan preparations and post-tan aftercare tips. I have received and read Bella Via's Spray Tanning Recommendations, and have had an opportunity to ask my technician any questions that I may have. I understand that Bella Via is not responsible for any adverse reactions (blotchiness, streaking, etc.) or premature fading if I do not follow these recommendations.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_



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