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Spray Tanning Instructional Guide

Delivering an effective spray tan is not rocket science. It's actually a fairly simple operation that is easily understood and adapted to one's own style and technique. If you've ever used a can of spray paint, you can apply a perfect spray tan with just a little practice. You can watch a dozen how-to videos or attend a 2-day training session and you will still need to develop a method of spraying that makes you comfortable. Everybody you spray is not the same height and body type of the person getting sprayed on the video and what are the chances that you are the same as the person doing the spraying. In this guide we are going to give you a handful of basic concepts for spraying tanning solution and you will be on your way. Plan to spray at least 15 – 25 people before you feel comfortable with the process and don't be afraid to adapt the process to fit your own personal style. Overall, the complete spraying process should take about 2 minutes from start to finish and use approximately 2 ounces of solution.

First, setup the room you plan to use for spraying. Have a washable fabric attached to the rear and side walls and disposable paper on the floor. Dark sheets work well for the walls and are easily taken down and washed. Rolled kraft paper, 36" or 48", is excellent for the floor. Do not use plastic or vinyl because the solution will make the surface slippery.

Room ventilation is extremely important. A standard 20" box fan with a 20" furnace filter attached to the input airflow side of the fan functions well as a room ventilator. It is also good for helping the client dry after the tan. The fan should be placed behind the client to capture the bulk of the overspray. For operations that spray more than 5 people per day, 2 fans are recommended. One fan on the floor and the other mounted on a box fan stand. Both fans should be placed behind the client. When spraying large number of clients, you should also wear a dust mask. The box fans, filters, stand, and dust masks are available at your local Wal-Mart, home supply store, or on-line from various suppliers.

Fill your HVLP spray gun about 50% and connect to the supplied hose. Turn on your room fans. Put on your dust mask. Turn on the unit and squeeze the trigger until solution comes out of the nozzle. Now you are ready to spray.

Discuss the following tanning guidelines before spraying a client.

BEFORE TAN:

1. Remove make-up\face creams.

2. Shower and Exfoliate.
3. Shave where desired.
4. Do not apply deodorant, lotions, or perfume.
5. Wear dark loose clothing, i.e. jogging suit, etc.
6. Wear old, dark undergarments/bathing suit.
7. Remove all jewelry.
8. Apply polish/barrier cream (Vaseline) to toenails and fingernails.

AFTER TAN:

1. Wear dark loose clothing, i.e. jogging suit, etc. (Bronzer will rub off)
2. Avoid white clothing until after showering. (Bronzer will rub off)
3. Use dark towel after first shower. (Bronzer will rub off)
4. Avoid showering, swimming, or sweating for 6 – 12 hours.
5. Repeat process every 7 to 10 days depending on skin type.
6. Moisturize, moisturize, moisturize.

Have the client wear as little or as much clothing as they feel comfortable. Give them a disposable shower cap to put over their hair to keep it out of the way. Push the cap about a quarter inch above the hair line to prevent a white line around the hairline. To save time, explain to the client exactly what will be happening prior to spraying so they know what to do during the process.

Develop a method of spraying so you don't forget to spray any area. Adjust the nozzle of the gun to give a vertical fan spray pattern (see instruction manual). Move horizontally (back and forth) while spraying squeezing the trigger just before the gun passes over the area you are spraying and releasing the trigger just after you pass over the outer edge of the area you are spraying. Move up and repeat making sure you overlap the spray with each stroke. Maintain 6 – 10 inches from the area you are spraying. Adjust the solution flow rate, (the knob on the rear of the gun, see instruction manual) for a light spray. It's better to spray too light than too heavy. You can always spray the client again. It can be difficult to wipe off excessive amounts of tanning solution. Less is best.

We recommend spraying the legs first and then the upper body. Have the client stand directly in front of you with their legs spread apart and with their hands on their hips to prevent getting the solution on their hands.

Follow these steps to spray the lower body:

1. Start at the foot of one leg. Don't directly spray +the toes. Overspray will cover them effectively.
2. Moving back and forth, squeezing and releasing the trigger, and moving up the leg making sure to overlap each pass.
3. Now spray the other leg the same.
4. Have the client turn one foot out from their body so you can spray the inside of that leg. Use the same pattern as you did for the front of the leg.

5. Have them return the foot to the forward position and repeat the process for the other leg.
6. Have the client turn 90 degrees and spray the outside of the leg.
7. Have the client turn another 90 degrees. At this point they are facing the wall with their back to you.
8. Have the client bend over slightly to spray under the butt cheeks to prevent a white smiley face from forming at the bottom of the buttocks.
9. Spray the back of each leg individually.
10. Have the client turn another 90 degrees and spray the outside of the remaining leg.

Now you're done with the lower body. Now for the upper portion of the body:

Spraying the upper portion of the body requires a bit more practice since shapes and sizes of this part of the body vary much more than the legs. Have the client stand directly in front of you with both arms stretched out to their side, with their palms open, fingers apart, and thumbs pointing straight up.

1. Spray the stomach area with the same back and forth method used on the legs. Maintain the same distance from the surface. Depending on the variations in the stomach area, you may be able to go straight back and forth or you may be required to follow an arc around the stomach. You are not spraying the sides or the arms at this point.
2. As you near the chest area, have the client look straight up so you can spray the front of the neck, lightly under the chin, and the tops of the shoulders.
3. Spray the area of the arms facing you. Starting at the palm, (don't spray the palm) and spraying towards the body. Use caution not to double spray the area where the arm meets the body.
4. Have the client rotate their arms to where their thumbs are pointing straight out, towards you. Spray that section of the arms.
5. Have the client rotate the arms to where their thumbs are pointing straight down. Spray that section of the arms.
6. Have the client turn around with their back to you with their arms extended and thumbs pointing straight down. Spray the back the same as you did the front.
7. Spray the back section of each arm.
8. Have the client rotate 90 degrees to have their side facing you and raise their arms in the air.
9. Spray the side area as you did the back taking caution as to not spray too heavily in the underarm area.
10. Spray the inside of the raised arm up to the elbow.
11. Repeat on the other side of the client.

Now you are ready to spray the face. Use caution for this part of the spraying process.

1. Have the client face you.

2. Make sure the shower cap is above the hairline.
3. Have the client close their eyes and lips. Ensure they don't squint their eyes shut or pinch their lips shut; otherwise they will have white lines in their eyelids and a white ring around the lips.
4. Instruct them that you will ask them to hold their breath briefly while you spray parts of the face and then you will tell them to breathe when you are done. You will repeat this process several times to enable them to breathe between each spray.
5. Tell the client to hold their breath. Spray one side of the face, in an angle from the neck across the nose. Tell the client to breathe.
6. "Hold your breath." Spray the other side of the face the same way. "Breathe."
7. "Hold your breath." Spray in an arc along the forehead and hairline. "Breathe."
8. "Hold your breath." Spray across the mouth area. "Breathe."
9. Have the client turn their head to the left.
10. "Hold your breath." Spray in an angle from the neck across the ear and left side of the face. "Breathe."
11. Have the client turn their head to the right.
12. "Hold your breath." Spray in an angle from the neck across the ear and side right of the face. "Breathe."

At this point, have the client put on a pair of disposable vinyl (not latex) gloves, stand in front of a fan and rub the tanning solution into the skin. When properly applied, this process will only take about a minute. Make sure they rub the solution into the hairline and into creases of the skin and other areas that are difficult to spray.

Rubbing the tanning lotion in is not actually necessary when the client has been properly sprayed. Once you develop a technique of spraying that you are comfortable with, the client is mostly dry when you are finished with the face and can get dressed. However, the rubbing process can cover a multitude of slight errors that can occur in the spraying process. As a rule of thumb, if the client is not almost dry when you finish spraying the face, you are spraying too heavy. The DHA (tanning agent) will leave the skin slightly tacky for about 30 minutes after the session and is normal.

When the client is dressed and ready to go, remind them not to shower or get wet for the next 4 – 6 hours and when they shower, the bronzer will wash off but the tan will remain. The longer they wait to bathe, the darker their tan will be. Also, remind them to use a dark towel for the first couple of showers. The solution is water soluble and will wash out of clothing, but it's best to wear dark clothing right after getting sprayed and use dark towels for bathing.

If you have any questions or comments, please let us know.