

Volume

2

SJOLIE TANNING PRODUCTS

Basic Solution
Application and
Techniques

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The Information contained in this document is for informational purposes only.

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Before the tan

*This section will go over everything **you** do before the actual tan.*

ICON KEY

 Valuable information

 Test your knowledge

 Product use review

The most important tool in creating a flawless spray tan is your composure. The client must feel secure in knowing that you will give them not only a gorgeous tan, but a relaxed and comfortable environment as well.

Before the appointment briefly explain the spray process with your client, have them fill out and sign a waiver/release form and offer all safety precautions:

Eye wear, Masks, Nose Plugs, Disposable Undergarments etc.

Educate the client on how to properly exfoliate their skin before the session by using a spa grade exfoliator several hours prior to the spray. By exfoliating 5-12 hours prior to being sprayed, the skin is able to naturally moisturize itself and as result the tan should last longer and stay more even.

Also, make sure that the client's skin is free of **any** products, including makeup, moisturizers and perfumes. These products can act as a barrier to the solution, preventing even coverage and lasting results.

Educating your client is great way to build a relationship of trust and thus future business.

Step 1 what to wear

Have the client wear dark loose fitting clothing to the appointment. Undergarments are always recommended but depending on your comfort level nude may be acceptable. It is always good to have some sort of tan line and in the case of nudity; a small sticker will give them a basis for the color variant of their tan. Remember, that DHA (dihydroxyacetone) is approved by the FDA for external use only.

Step 2 Where to spray

It is important to spray in a well-ventilated and properly lighted area. Many salons have custom backdrops set up with exhaust fans built in. However, many also use tanning tents. These are great for mobile professionals as well. There will always be some form of overspray in the spray tanning process, but to minimize the overspray it is vital to have an extraction fan. When used in conjunction with the tanning tent, it should be a box fan with a filter attached pulling the air out of the back side of the tent.

Step 3 Prep Spray

Have the client change into the appropriate garments and stand in front of the tent or booth. Spray the PH Balancing Spray over the entire body* and wipe clean with a towel to ensure a more even, lasting tan.



PH Balancer a
mist applied product
designed to even out
inconsistencies in the
ph levels of the skin

PH Balancing Prep Spray

The application of PH Balancing Prep sprays is highly recommended. Not only does it even out the acidity of your clients skin, but it also acts as a mild exfoliant for daily buildup of oils and residue. We all know that the client should have clean product free skin, but that is not always the case. This will help to ensure that their skin is clean and prepped.

*remember to have client close eyes and hold breath before spraying the ph balancer on the face

Step 4 **Barrier Cream**

Have the client apply barrier cream to the soles of their feet, palms, any excessively dry area or anywhere a tan is not desired.



Barrier Cream a
thick moisturizer that helps
prevent unwanted
application of areas of the
body

Many professionals will lightly apply barrier cream to the elbows and knees because they are very prone to dryness and thus can get darker than other areas.

All forms are located at www.sjoliertanning.com


For questions or Inquiries please email questions@sjoliertanning.com


Or call 1.888.495.606

The 9 Basic Steps

This chapter will go over the 9 steps of a spray tan (simply)

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We will begin by having the client stand in the spray area. Make sure that the client is relaxed and inform them of the importance of no skin to skin contact. This is incredibly vital in ensuring that tanned areas are tanned and un-tanned areas remain so. Please also keep in mind that everyone develops their own techniques over time.

The distance between the gun and the body should be around 10 inches with a spray gun and around 6 inches away with an airbrush.

For simplicity's sake we will break down the spray process into 9 Steps:

NECK AND BACK

BUTTOCKS AND BACK OF LEGS

INSIDE OF LEGS

OUTER SIDES OF LEGS

FRONT OF LEGS

CHEST AND ABDOMEN

ARMS

HANDS AND FEET

FACE

STEP 1: NECK AND BACK

Have the client put their biceps outwards from their body and forearms extended in front of them as though they are doing a push up (without touching) from their front.

With your gun in the horizontal pattern, spray from side to side starting at the neck and shoulders and down to the waist line. With your finger **off** the trigger, dry the sprayed area with the air coming out of the gun.

STEP 2: BUTTOCKS AND BACK OF LEGS

Have the client stand facing away from you, shoulders and feet square. Have them lean forward and go into a light “squatting position”. This should provide even coverage under the buttocks.

Now, with the gun in the vertical spray pattern, begin at the waistline and spray down making sure to evenly spray the backs of the legs. With your finger **off** the trigger, dry the sprayed area.

STEP 3: INSIDE OF LEGS

Have the client stand square facing you and open one leg out to the side so that the inner thigh is facing you. They should be in a slight sideways lunge. Beginning at the uppermost part of the inner thigh, spray with a vertical pattern down the leg until the inner leg is fully covered. With your finger **off** the trigger, dry the sprayed area.

Have the client stand square facing you and open the other leg out to the side so that the inner thigh is facing you. They should be in a slight sideways lunge. Beginning at the uppermost part of the inner thigh, spray with a vertical pattern down the leg until the inner leg is fully covered. With your finger **off** the trigger, dry the sprayed area.

STEP 4: OUTER SIDES OF LEGS

Have your client turn sideways to you. Have them raise their arm up above their body and turn their face away from you. Beginning at the shoulder blades, above the arm pit (**DO NOT** spray the arm pit), spray vertically down the entire side of the torso and leg. With your finger **off** the trigger, dry the sprayed area.

Have your client turn their other side to you. Have them raise their arm up above their body and turn their face away from you. Beginning at the shoulder blades, above the arm pit (**DO NOT** spray the arm pit), spray vertically down the entire side of the torso and leg. With your finger **off** the trigger, dry the sprayed area.

STEP 5: FRONT OF LEGS

Have the client stand square, facing you. Start at the top of the leg, spray vertically down until you have entirely covered the thigh, knee and shin. With your finger **off** the trigger, dry the sprayed area.

Have the client stand square, facing you. Start at the top of the other leg, spray vertically down until you have entirely covered the thigh, knee and shin. With your finger **off** the trigger, dry the sprayed area.

STEP 6: CHEST AND ABDOMEN

Have the client stand square, facing you, with their biceps out horizontally to the side and forearms pointed down. Begin spraying vertically from the shoulders down to the waist line until the chest and abdomen are covered. With your finger **off** the trigger, dry the sprayed area.

From an elevated angle above the shoulders, lightly spray the tops of shoulder and biceps.

With your finger **off** the trigger, dry the sprayed area.

STEP 7: ARMS

Have your client turn sideways to you. Position the arm in an “L” shape at their side, making sure that there is no crease at the elbow. Begin by spraying vertically from the top of the bicep/shoulder down to the elbow. Once, this is covered, spray the forearm horizontally from the elbow to the wrist. With your finger **off** the trigger, dry the sprayed area

Have your client turn sideways to you. Position the other arm in an “L” shape at their side, making sure that there is no crease at the elbow. Begin by spraying vertically from the top of the bicep/shoulder down to the elbow. Once, this is covered, spray the forearm

STEP 8: HANDS AND FEET

For the hands, have the client position their hand and fingers as though they are holding a tennis ball. This is also known as the bear claw position. Spray the top of the hand normally. For the fingers and sides, lightly mist for a more natural fade.

With your finger **off** the trigger, dry the sprayed area.

Have the client position their other hand and fingers the same way. Spray the top of the hand normally. For the fingers and sides of hand, lightly mist for a more natural fade.

For the feet, lightly spray the ankles, sides, and toes. Spray the top of the foot normally. Less is always best for the hands and feet.

With your finger **off** the trigger, dry the sprayed area.

STEP 9: FACE

Have the client hold their breath and close their eyes. Begin at the side of their face at their forehead and spray very lightly up and down the face.

With your finger **off** the trigger, dry the sprayed area.

Once you have completed steps 1-9, you may repeat with a second much lighter coat, and change the direction vertically to ensure full coverage.

