CHECKLIST

Self Tanning Prep Checklist

A countdown, with the source behind each step.

A day or more before

- [ ] Shave, wax or other hair removal: at least 24 hours before (one brand's guidance; sources differ).
- [ ] Main exfoliation in the same window.
- [ ] Skip moisturizers and oils for the 24 hours before (same brand).

Day of, before you apply

- [ ] Exfoliate with a washcloth if not done (AAD). Extra time on elbows, knees, ankles.
- [ ] Dry skin completely.
- [ ] Patch test a small area.
- [ ] Barrier cream on lips, cuticles, rough patches.
- [ ] Mitt ready.

While you apply

- [ ] Work in sections: arms, legs, torso. Rub in circles.
- [ ] Wash hands after each section.
- [ ] Dilute on knees, ankles, elbows with a damp towel or a thin layer of lotion.
- [ ] Blend wrists to hands, ankles to feet.

After

- [ ] Dry before dressing: 10 minutes (AAD), 15 (SCF, WebMD).
- [ ] Loose clothes, no sweating, 3 hours (AAD).
- [ ] Full result: allow 24 hours (WebMD).
- [ ] Sunscreen every day: SPF 30+, broad-spectrum (AAD).

A TAN FROM A BOTTLE IS NOT SUN PROTECTION.
The Skin Cancer Foundation says sunless tanners do not protect from UV. Sources differ on exact timing, so check your product directions. Steps from AAD, Skin Cancer Foundation, WebMD and brand guidance; not medical advice.

LOG

My Tan Log

Six sessions. Note what worked so the next one is easier.

#	Date	Product / shade	Patch test	Hair removal 24h+ before	Notes: streaks, patches, wear time
1			○	○	
2			○	○	
3			○	○	
4			○	○	
5			○	○	
6			○	○	

What I would change next time