



WHAT YOU'LL NEED BEFOREHAND	
1	Self Tanner
2	Exfoliating Scrub
3	Tight-Fitting Disposable Latex Gloves
4	Lotion Strap, Wand, or Sponge Paintbrush
5	Vaseline or Petroleum Jelly
6	Tissue
7	Band Or Hair Tie
8	Blow Dryer
9	Mirror
10	Time
THE STEPS	
1	Shave any areas where you don't want hair at least one hour before you begin application.
2	Exfoliate your skin before application. Can be done 1-2 hours before or on a continual basis throughout the week.
3	Make sure your skin is dry after shaving and exfoliating. You also want to get all of the moisture and steam out of the air.
4	Apply some Vaseline to your eyebrows before you begin. This will keep the tanning lotion from altering their color.
5	Some people like to apply moisturizer before they begin. We don't. So we'll call this step *optional*
6	Put on latex gloves or mitt and begin applying light coverage to head, neck and face. Be sure to get all exposed areas.
7	Apply the product to your legs and feet. Be careful with feet-- use a very small amount and be sure to blend it in well.
8	Apply to stomach, chest, shoulders and arms. Be careful with your hands. Put a little on the top and avoid the palms.
9	Finally, if you're alone, apply product to your back using a strap, wand or long paintbrush. If not alone, have friend do it :)
10	Take a tissue and wipe <i>gently</i> at your wrists, tops of feet, elbows, and your knees.
11	Next, wash your hands thoroughly, especially if you didn't use gloves or a mitt.
12	Lastly, take a blow dryer and blow dry all the areas where you've applied the self tanner for a few seconds.
AFTER YOU'RE DONE, FIXING MISTAKES, MAINTENANCE	
1	Try to wait at least an hour or so before you put on any clothes or go to bed (except loose fitting shorts or underwear).
2	After an hour or two, go to bed! These products work best when you leave them on overnight.
3	When you wake up in the morning, go ahead and shower. Once you're done, you should have a beautiful sunless tan!
4	To fix mistakes you can either blend in some more product. Or use lemon juice to reduce color in messed up area.
5	To maintain your tan, try to keep your skin moisturized. Your tan will fade naturally over 3-7 days, depending on product.
6	Apply self tanner to your body just once a week (say Thursday) and apply it to your face twice a week (Monday and Thursday).