



SPRAY TANNING

Work Pack



KNOWLEDGE

Build your understanding



PRACTICAL SKILLS

Develop confidence and technique



PROFESSIONALISM

Work safely and with care



*Confidence in
your glow*



What Is Spray Tanning?

Spray tanning is a temporary cosmetic treatment that applies a tanning solution to the skin to create a bronzed or tanned appearance without the need for exposure to ultraviolet (UV) radiation.

The active tanning ingredient in many spray tanning products is **dihydroxyacetone (DHA)**. DHA reacts with amino acids in the outermost layer of the skin, producing a temporary brown colour.

The colour gradually fades as the outer skin cells naturally shed.

Important: A spray tan does not provide reliable protection from the sun or UV radiation. Clients should continue to use appropriate sun protection.

Consultation

A consultation should be carried out before every spray tanning treatment.

The therapist should discuss:

Consultation Area	What Should Be Checked?
Client's requirements	Desired depth of colour and overall result.
Previous tanning	Previous experience with spray tanning or self-tanning products.
Skin condition	Check for irritation, broken skin, rashes or other visible conditions.
Allergies and sensitivities	Ask about known allergies, sensitivities and previous reactions to tanning products.
Medical information	Identify relevant medical conditions and medications that may affect treatment suitability.
Previous reactions	Ask whether the client has experienced a reaction to tanning products before.
Patch testing	Follow the manufacturer's instructions and salon policy regarding patch testing.

Consultation Area	What Should Be Checked?
Aftercare	Explain what the client should do following treatment to maintain the tan and protect the skin.

Health and Safety

Health and safety are essential when carrying out spray tanning treatments.

Area	Health & Safety Requirement
Ventilation	Ensure the treatment area has suitable ventilation according to the equipment and product manufacturer's instructions.
PPE	Wear appropriate protective equipment such as gloves and any PPE recommended by the product or equipment manufacturer.
Client protection	Protect the client's hair, eyes, nails and clothing as appropriate.
Eye protection	Follow the manufacturer's instructions regarding eye protection and avoid spraying directly into the eyes.
Respiratory protection	Follow manufacturer guidance regarding inhalation exposure and suitable protective measures.
Equipment	Check the spray tanning equipment before use and ensure it is clean and functioning correctly.
Hygiene	Clean and disinfect reusable equipment according to manufacturer's instructions and salon procedures.
Disposable items	Dispose of single-use items appropriately after treatment.
Electrical safety	Keep electrical equipment away from water and check cables and plugs before use.
Spillages	Clean spillages immediately to prevent slips and falls.
Product storage	Store tanning products according to manufacturer instructions.
COSHH	Follow workplace procedures for the safe storage, handling and use of chemical products.