

YOUR GUIDE TO *Spray Tanning*



REDEFINE WELLNESS *Radiate Confidence*



"Spray tanning isn't just color... it's confidence and self-care you can see today." –Paige Kaplan, Co-Founder, Slick Rock Tanning & Spa

Spray tanning 101

Spray tanning isn't just about color—it's about **confidence, self-care, and results you can see the same day**. Whether you want to look polished for a big event, keep a natural glow all year long, or add hydration and skin-loving benefits to your routine, spray tanning is your secret weapon.

At **Slick Rock Tanning & Spa**, we use the industry's most advanced spray booths—[Mystic Unity 2.0 and WellFit VersaSpa Pro](#)—to deliver customizable, flawless tans with skin-nourishing add-ons. This guide walks you through everything you need to know to get the best out of your spray tanning experience.

About

Slick Rock Tanning & Spa delivers affordable luxury with state-of-the-art wellness, tanning, and spa services. From red light therapy and spray tanning to premium sunbeds, skin rejuvenation, and float therapy, we're your go-to for glowing skin, renewed energy, and lasting confidence.

With our cutting-edge technology, a friendly team of certified Smart Tan experts, convenient locations with extended hours, and a 100% cleanliness guarantee, you'll walk out feeling like the best version of you.

WHY CHOOSE *Spray Tanning*



Instant Results

Most wellness treatments require several sessions or weeks to show results. Spray tanning gives you visible color immediately, with deeper tones developing within hours. Whether it's for a night out, event, or simply to feel radiant today, spray tanning delivers.



Custom Shades

You control the shade (light/medium/dark), whether you want a clear or bronzed base, and you can add boosters like WellFit Lift (firming), Hydrate, Balance, or custom Scents. Mystic Unity 2.0 and VersaSpa Pro both offer this variety so you can tailor your experience.



Skin Benefits

Spray tanning isn't just about instant color... it's also a skin-loving treatment.

With hydration, pH balancing, and firming add-ons, your tan leaves you looking radiant while keeping your skin healthy and nourished.

Wherever life takes you—at work, at home, or at play—regular spray tanning keeps you radiating confidence all year long.

OUR Technology



MYSTIC UNITY 2.0

Personalize Every Session

- WellFit Lift – firms and tones
- WellFit Hydrate – deep hydration
- WellFit Balance – balances skin pH for even color
- Accelerator – speeds development time
- Scents – customizable fragrances

VERSASPA PRO

Wellness Meets Sunless

- WellFit Lift – smooths and tones
- WellFit Hydrate – moisturizes and extends tan life
- Double Legs option – targeted extra coverage
- Shade options – Light, Medium, Dark, clear or bronzed

Both systems deliver flawless results in minutes, but with options to make your tan truly yours.

How Spray Tanning Fits Into Your Routine

Standalone glow: Perfect before a wedding, vacation, or date night.

Paired with UV tanning: Deepens and extends your base tan.

As wellness: Add hydration, balance, or Lift to give your skin extra care.

Seasonal boost: Stay radiant through fall and winter when your natural sun exposure fades.

PREP + CARE

The Perfect Glow



Before Your Session

- Exfoliate your entire body and shave 24–48 hours before your spray tan—no sooner, no later. This timing removes dead skin cells while giving your skin time to restore natural oils that help the DHA develop evenly.
- Avoid applying any lotions, oils, or perfumes right before tanning as they can act as barriers.
- Wear loose, dark clothing to avoid rubbing off newly applied color.
- Apply a PH Balancing Primer (such as Norvell Prep Primer) to avoid unnatural colors and to get longest lasting results.
- After applying your Primer, apply the blending lotion provided inside the room, rub it in onto your elbows, knees, and the fronts and back of your hands focusing on your nail beds, knuckles, and palms. This avoids the DHA from overdeveloping on dryer areas.
- Use a hairnet to avoid spray solution getting into your hair but ensure the hairnet sits right behind your hairline and gets tucked behind your ears to avoid spray lines on your forehead.
- Follow the recommended positions. One of our Smart Tan Certified team members will walk you through your first spray so don't be nervous, we're also here to answer any questions you may have.

Pro tip: pair your spray tan session with a hot service (before), such as the hydration pod to open up your pores and to hydrate your skin for longer lasting spray.



PREP + CARE

After Glow



After Your Session

- Immediately after your spray, take a babywipe and wipe off the areas you applied blending lotion to (elbows, knees, and hands).
- Recommended: you can wash your hands with warm water 1-2 hours after your spray for the most natural results.
- Wait for the recommended development time (often 6-8 hours) before showering.
- Avoid going to the gym, or being outside in the heat to avoid sweating as much as possible until you shower.
- When showering, avoid exfoliants, avoid body washes with sulphates as they strip your skin of the spray faster, and use a hydrating and nourishing body wash like Hempz body washes and Australian Gold Hemp Nation BW. Then, be sure to pat dry instead of rubbing.
- After each shower/daily, moisturize with a [tan extending moisturizer](#) (like Coconut Krem and Cloud Kissed) to help maintain color and skin health.
- Finally, avoid very long hot tubs or baths initially as they can fade the color faster.
- For best results, repeat your spray every 5-7 days!

Pro tip: end with a Red Light session to further dry off, plus firming, tightening, and toning benefits!

WHO SHOULD *Spray Tan?*



Event Ready



Men



Travel Glow



Skin Type 1*



Year-Round Confidence



Everyone



***Not sure what your skin type is?** Stop by Slick Rock for a free consultation with one of our Smart Tan Certified experts. We'll be happy to walk you through a quick process to discover your skin type, and make impactful recommendations that best suit your skin type and your skin care goals.



AT HOME v. *Professional*

Here are the **top 5 benefits** of spray tanning in a spa versus at home:

- ✓ **Flawless Coverage** – Our state-of-the-art booths apply color evenly, eliminating the streaks and patchiness common with at-home products.
- ✓ **Custom Options** – Choose your perfect shade plus skin-boosting add-ons like Hydrate, Lift, and Balance—something no bottle at home can deliver.
- ✓ **Expert Guidance** – Smart Tan Certified staff walk you through the process and answer questions so you feel comfortable and confident.
- ✓ **Longer-Lasting Results** – Professional formulas and prep products extend the life of your tan, keeping you glowing for days beyond what DIY can.
- ✓ **Luxury Experience** – From scents to skincare add-ons, spray tanning in-spa feels like self-care, not a messy chore in your bathroom.

BOOK YOUR SPRAY

WHY Slick Rock

At Slick Rock, spray tanning isn't just about stepping into a booth but about giving you a **personalized, luxury experience**. Here's how you'll feel our difference:

#1 TECHNOLOGY LEADERS

We use Mystic Unity 2.0 and WellFit VersaSpa Pro, two of the most advanced spray tanning booths in the industry, loaded with customization.

#2 EXPERT CERTIFIED STAFF

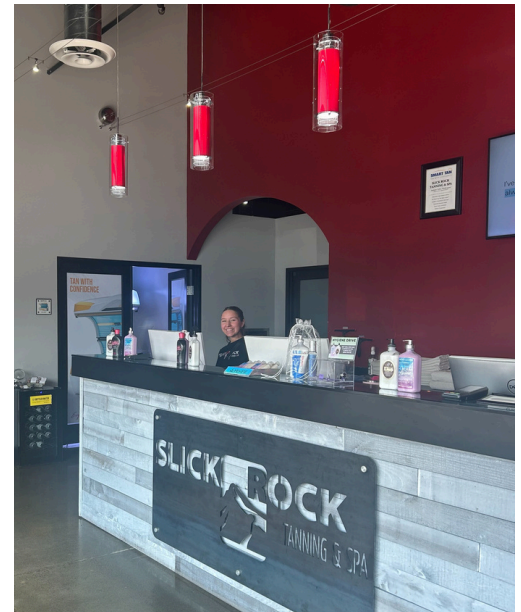
Our Smart Tan certified team helps you choose the right combination of shade and add-ons so your glow is exactly what you want.

#3 CLEANLINESS GUARANTEE

Clean, contemporary environment; we uphold the highest hygiene standards so you feel confident in every session. In fact, if we've missed anything on our 12-point checklist, your next session is on us.

#4 AFFORDABLE LUXURY MEMBERSHIPS

Memberships, bundles, and add-ons make spray tanning an affordable, repeatable part of your wellness and confidence routine.



Spray tanning is no longer a one-size-fits-all service.

Thanks to modern technology and innovative features like WellFit Lift, Hydrate, Balance, and custom scents, it's now a customizable, wellness-driven treatment that enhances both your skin and your confidence.

At Slick Rock Tanning & Spa, whether you go with Mystic Unity or VersaSpa Pro, you'll leave feeling radiant, refreshed, and ready to shine.

WEBSITE

www.slickrocktanningspa.com

BOOK YOUR SPRAY

TOP 3 FAQ's

How does sunless tanning work?

DHA (dihydroxyacetone) is the “Master Ingredient” used in all sunless tanning solutions. This ingredient does not produce a “real tan” by increasing the skin’s melanin levels, rather it creates a tanned appearance by developing a brown color on the surface of the skin. The action of DHA is limited to the upper layer of the skin and involves a reaction between DHA and skin proteins and oxygen that produces brown compounds. This process is similar to what occurs when you slice open an apple and the surface of the apple browns when it’s exposed to the oxygen in the air.

What is DHA?

DHA is an acronym for Dihydroxyacetone. DHA is the active ingredient found in all sunless tanning products. It is a simple carbohydrate that is primarily used as an ingredient in sunless tanning products. It is often derived from plant sources such as sugar beets and sugar cane, and by the fermentation of glycerin. DHA does not make your skin cells darker in pigmentation, but rather reacts with the proteins and amino acids found in the top layer of your skin to create a darkening effect or ‘sunless tan’.

Will I turn orange?

No. Slick Rock's professional and retail sunless tanning products are formulated to provide a natural, bronzed tan. Your Tanning Consultant will help you select the proper level of tanning solution to match your skin tone.

With that said, high pH levels in the skin can sometimes give individuals an undesirable, ‘fake’ or ‘unnatural’ looking sunless color. To prevent this from happening, there are a few things you can do. [Learn more on our FAQ page.](#)

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I truly love this place; they always go above and beyond, they have friendly staff, and they're always willing to help you with whatever you need during your visit. I highly recommend this Slick Rock to anyone looking for a quality place to go to. Thanks so much and my hats off to the great professional service.

- MANDI CARR



VISIT OUR *Spas*

With multiple Slick Rock locations across Washington and Idaho—and more on the way—it's easy to fit us into your routine. **We're open 8a–9p weekdays and 9a–5p weekends, welcoming both walk-ins and appointments.** Whenever you come in, our expert Spa Consultants are ready to help you look amazing, feel your best, and live brighter every day.

[FIND YOUR SPA](#)[LEARN MORE](#)

Slick Rock's mission is simple: transform how you look and feel with affordable, state-of-the-art wellness services.

Founded in 2010 by Adam and Paige Kaplan, former Biology majors at EWU, we've grown from one location to nine across North Idaho, Spokane, and Boise.

With top-tier equipment, premium skincare, expert staff, and flexible options,

Slick Rock is where affordable luxury meets results that boost your confidence and well-being.

Adam & Paige Kaplan

