

# Glo Tanning Certification Practice Exam (Sample)

## Study Guide



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## **Questions**

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- 1. What can excessive tanning lead to over time?**
  - A. Increased napping needs**
  - B. Improved skin condition**
  - C. Skin damage and premature aging**
  - D. Enhanced muscle recovery**
- 2. What shade level is the darkest spray tan option?**
  - A. Level 1**
  - B. Level 3**
  - C. Level 4**
  - D. Level 5**
- 3. What should you ensure is done with barrier cream during application?**
  - A. It should be applied heavily**
  - B. It should be visible on the skin**
  - C. It should be rubbed in completely**
  - D. It should be diluted with water**
- 4. What is the recommended interval between tanning sessions?**
  - A. 24 hours between sessions**
  - B. 48 hours to allow skin recovery**
  - C. 72 hours to ensure safety**
  - D. No interval is necessary**
- 5. What do safe tanning practices include?**
  - A. Only using organic tanning products**
  - B. Protecting the skin and being aware of risks**
  - C. Tanning outdoors for limited times**
  - D. Using only bronzing products**
- 6. How frequently should laundry be completed?**
  - A. Once a day**
  - B. Every 30 minutes**
  - C. Hourly**
  - D. Twice a week**

- 7. What is Glo's company standard average for product per client?**
- A. \$2.50**
  - B. \$5.00**
  - C. \$10.00**
  - D. \$7.50**
- 8. What happens if you're seen on your phone during your shift?**
- A. Verbal warning**
  - B. Written warning (may lead to termination)**
  - C. Nothing happens**
  - D. Immediate promotion**
- 9. What is the purpose of a client intake form in tanning?**
- A. To confirm payment methods**
  - B. To gather essential information for safe tanning**
  - C. To offer discounts on services**
  - D. To schedule follow-up appointments**
- 10. What type of imperfections does the Poly primarily target?**
- A. Wrinkles**
  - B. Skincare imperfections**
  - C. Uneven skin tone**
  - D. Pore size**

## **Answers**

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1. C
2. C
3. C
4. B
5. B
6. B
7. B
8. B
9. B
10. B

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## **Explanations**

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## 1. What can excessive tanning lead to over time?

- A. Increased napping needs
- B. Improved skin condition
- C. Skin damage and premature aging**
- D. Enhanced muscle recovery

Excessive tanning can lead to skin damage and premature aging due to the harmful effects of ultraviolet (UV) radiation from tanning beds or the sun. Over time, repeated exposure to UV light can cause several adverse changes in the skin, including the breakdown of collagen and elastin, which are crucial for maintaining skin elasticity and firmness. This process can result in the development of wrinkles, fine lines, and other signs of aging. In addition to aesthetic changes, excessive tanning increases the risk of more serious skin conditions, such as sunburn, hyperpigmentation, and, ultimately, skin cancer. The cumulative effects of UV exposure make it important to practice safe tanning methods and protect the skin to minimize these risks.

## 2. What shade level is the darkest spray tan option?

- A. Level 1
- B. Level 3
- C. Level 4**
- D. Level 5

The darkest spray tan option corresponds to Level 5. This level is formulated to provide the deepest and most intense tan, suitable for individuals seeking a very dark and rich appearance. Level 5 typically contains higher concentrations of tanning agents that create a significantly deeper color than the lower levels. Higher levels are designed for those who have experience with self-tanning or may naturally have a deeper skin tone and can handle more intense pigmentation without looking unnatural. In contrast, Level 1 is usually the lightest option, providing a subtle glow, while Level 3 is medium and offers a more pronounced tan than Level 1 but is not as deep as Level 5. Level 4 serves as a deeper color than Level 3 but does not reach the extreme darkness associated with Level 5. Understanding the progression of these levels is essential for clients to achieve their desired results with spray tanning.

## 3. What should you ensure is done with barrier cream during application?

- A. It should be applied heavily
- B. It should be visible on the skin
- C. It should be rubbed in completely**
- D. It should be diluted with water

During the application of barrier cream, it is essential to rub it in completely to ensure its effectiveness. Barrier creams are designed to protect the skin from potential irritants, UV radiation, and other harmful substances during tanning sessions. When the cream is thoroughly rubbed into the skin, it creates an even layer that can effectively act as a shield. Applying the cream heavily or leaving it visible on the skin can lead to uneven tanning results and may diminish the protective effects, as excessive amounts may not adhere well to the skin. Additionally, diluting the cream with water may compromise its formulation, reducing its protective capabilities. Properly rubbing in the barrier cream ensures that it creates a seamless and effective barrier, allowing for a safer tanning experience.

**4. What is the recommended interval between tanning sessions?**

- A. 24 hours between sessions**
- B. 48 hours to allow skin recovery**
- C. 72 hours to ensure safety**
- D. No interval is necessary**

The recommended interval between tanning sessions is 48 hours to allow for skin recovery. This duration is important because it gives the skin adequate time to heal and recover from the potential effects of UV exposure. Tanning, whether in a tanning bed or with sun exposure, can cause minor damage to the skin, so allowing two days between sessions helps to minimize that damage and reduce the risk of overexposure, which can lead to skin irritation, sunburn, and long-term issues like premature aging or an increased risk of skin cancer. By adhering to this recommendation, individuals can enjoy tanning while prioritizing their skin's health. This interval encourages responsible tanning practices and helps users understand the importance of protecting their skin from excessive UV radiation.

**5. What do safe tanning practices include?**

- A. Only using organic tanning products**
- B. Protecting the skin and being aware of risks**
- C. Tanning outdoors for limited times**
- D. Using only bronzing products**

Safe tanning practices focus on protecting the skin while being aware of potential risks associated with tanning. This encompasses a comprehensive approach to maintaining skin health, which includes understanding the dangers of UV exposure from both natural sunlight and artificial sources, such as tanning beds. Being aware of risks entails recognizing how overexposure can lead to skin damage, premature aging, and an increased risk of skin cancer. As part of an overall safe tanning strategy, this awareness enables individuals to make informed decisions regarding their tanning habits. Other options may emphasize specific methods or products, such as organic products, limited outdoor tanning, or bronzing products, but they do not capture the broader essential principle of skin protection and risk awareness that is fundamental to safe tanning practices. Thus, option B resonates as the most comprehensive and safety-oriented choice pertaining to tanning practices.

**6. How frequently should laundry be completed?**

- A. Once a day
- B. Every 30 minutes**
- C. Hourly
- D. Twice a week

The recommended frequency for completing laundry in a tanning salon setting is indeed crucial for maintaining hygiene and ensuring a pleasant experience for clients. Completing laundry every 30 minutes allows for a continuous cycle of clean towels, linens, and other necessary items, which is particularly important given that tanning services often require the use of various fabrics that may quickly become soiled or need to be rotated. This frequency helps ensure that all equipment and amenities provided to clients are always in a fresh and clean condition, minimizing the risk of cross-contamination and upholding high standards of cleanliness that clients expect. Regularly refreshing the linens and other textiles can also contribute to better overall sanitation within the salon, which is a key element of a positive customer experience. While more infrequent laundry schedules can lead to delays and potential client dissatisfaction due to unavailability of necessary items, performing laundry every 30 minutes strikes a balance that meets operational needs while ensuring consistency in service quality.

**7. What is Glo's company standard average for product per client?**

- A. \$2.50
- B. \$5.00**
- C. \$10.00
- D. \$7.50

The company standard average for product per client being \$5.00 indicates the typical revenue that the business aims to generate from each client through product sales. This figure is significant as it reflects the company's pricing strategy, budgeting, and overall profitability model. Understanding this standard average is essential for employees as it sets expectations for upselling and promotes an emphasis on client relationships—encouraging staff to engage with clients about product offerings. Additionally, hitting this target average can help ensure that the business maintains healthy financial metrics, supporting overall operational goals. This figure also aids in strategic planning and inventory management by giving an estimate of the revenue generated per client, allowing for effective allocation of resources and marketing efforts aimed at boosting product sales.

**8. What happens if you're seen on your phone during your shift?**

**A. Verbal warning**

**B. Written warning (may lead to termination)**

**C. Nothing happens**

**D. Immediate promotion**

Being seen on your phone during your shift typically results in a written warning, which may lead to termination. This approach emphasizes the importance of professionalism and focus on responsibilities during work hours. Using a phone can be distracting and may hinder your ability to provide excellent customer service, which is crucial in the tanning industry. Adhering to workplace policies regarding phone usage helps maintain a productive environment and ensures that all employees are dedicated to performing their duties effectively. In a professional setting, especially one that emphasizes customer interaction and safety, it's vital for staff to remain attentive and engaged with clients. Therefore, the expectation of limiting phone use during shifts is often enforced through disciplinary measures like written warnings. This ensures that employees understand the seriousness of maintaining work standards and the consequences of failing to do so.

**9. What is the purpose of a client intake form in tanning?**

**A. To confirm payment methods**

**B. To gather essential information for safe tanning**

**C. To offer discounts on services**

**D. To schedule follow-up appointments**

The purpose of a client intake form in tanning is to gather essential information for safe tanning. This form collects detailed data about the client's skin type, tanning history, and any medical conditions or medications that may affect their tanning experience. It helps the tanning professional assess the suitability of various tanning methods for the client, ensuring that safety protocols are followed and the risk of skin damage or adverse reactions is minimized. By understanding the client's skin characteristics and tanning goals, the tanning professional can provide personalized recommendations and guidance, creating a safer and more effective tanning experience. While confirming payment methods, offering discounts, and scheduling follow-up appointments are all important aspects of running a tanning business, they do not serve the primary purpose of ensuring the health and safety of the client during their tanning sessions.

**10. What type of imperfections does the Poly primarily target?**

**A. Wrinkles**

**B. Skincare imperfections**

**C. Uneven skin tone**

**D. Pore size**

The correct answer focuses on skincare imperfections, which is a broad category that encompasses various issues that clients may seek to address through treatments. The term "skincare imperfections" can include a wide range of concerns such as fine lines, uneven texture, and discoloration, which often fall under the umbrella of overall skin health and aesthetics. In this context, selecting skincare imperfections recognizes that the Poly is likely designed to provide a comprehensive solution targeting multiple aspects of skin health rather than just focusing on one isolated issue. This holistic approach is essential for practitioners as it allows them to address the multifaceted nature of skincare concerns that clients may present, leading to better overall results and satisfaction. Other options may focus on specific issues, such as wrinkles, uneven skin tone, or pore size, which are all important but do not encompass the wider spectrum of skincare imperfections that the Poly aims to treat. Therefore, the emphasis on skincare imperfections as a whole makes it clear that this type of treatment is designed to address numerous aesthetic concerns in a more integrated manner.