GLO TANNING CERTIFICATION PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

https://glotanning.examzify.com

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright 1

Table of Contents 2

Introduction 3

How to Use This Guide 4

Questions 5

Answers 8

Explanations 10

Next Steps 15

SAMPLE

Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

SAMPLE

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

SAMPLE

Questions

SAMPLE

1. For optimal spray tan application, when is the best time to apply barrier cream?

A. Prior to opening the service

B. After the first spraying

C. Before the spray tan

D. Never apply it

2. What should a client do before entering a spray booth?

A. Fill out a waiver

B. Remove jewelry and apply barrier cream

C. Choose a tanning solution

D. Wait for instructions

3. What is the recommended wait time for a spray tan to fully develop?

A. 1-2 hours

B. 4-6 hours

C. 12-24 hours

D. It develops instantly

4. How often should clients clean their tanning equipment?

A. After every use

B. Once a week

C. Every month

D. Only when visibly dirty

5. Is it acceptable to use your phone at work to check the schedule?

A. Yes, it's encouraged for efficient work management

B. No, it's prohibited during work hours

C. Yes, but only during breaks

D. No, only managers can check the schedule

SAMPLE

6. If you are scheduled for a shift and cannot find coverage, what should you do?

A. Seek assistance from coworkers

B. Call your supervisor immediately

C. Show up until someone can relieve you

D. Take the day off

7. What must be shown to new clients in the Skin Wellness for their safety?

A. 3 black panels and steam ports

B. Emergency exit routes

C. All available services

D. Tanning booth instructions

8. What type of product does the Cocoon service focus on?

A. Detoxification

B. Moisturization

C. Exfoliation

D. Bronzing

9. What is the primary function of Sun Protection Factor (SPF) in tanning?

A. It enhances the tanning effect

B. It protects the skin from UV damage

C. It removes sunburns

D. It accelerates skin darkening

10. What items are essential for successfully cleaning a service after use?

A. Towel for cleaning and a cleaning solution bottle

B. Spray tan booth and UV bed

C. Skin Wellness Pro and a towel for the next client

D. Cleaning solution bottle and a UV lamp

SAMPLE

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. For optimal spray tan application, when is the best time to apply barrier cream?

A. Prior to opening the service

B. After the first spraying

C. Before the spray tan

D. Never apply it

Applying barrier cream before the spray tan is essential for achieving an optimal result. The primary purpose of the barrier cream is to protect areas of the skin that are prone to over-tanning or discoloration, such as the elbows, knees, hands, and feet. By applying the cream before the tanning solution, you create a protective layer that helps ensure the spray tan adheres evenly and prevents darker patches in those specific areas. This technique not only enhances the visual outcome of the spray tan but also promotes a more natural appearance. It reduces the risk of staining and unevenness, which can occur if the spray tan solution penetrates those areas without protection. Therefore, positioning the application of the barrier cream at the correct moment—before the spray tan is applied—ensures both the safety and quality of the tanning service.

2. What should a client do before entering a spray booth?

A. Fill out a waiver

B. Remove jewelry and apply barrier cream

C. Choose a tanning solution

D. Wait for instructions

Before entering a spray booth, it is essential for a client to remove jewelry and apply barrier cream. This practice is crucial for several reasons. Firstly, removing jewelry helps prevent the items from becoming stained or damaged by the tanning solution. Tanning solutions can contain dyes and active ingredients that might react adversely with metals or materials commonly found in jewelry, leading to discoloration or corrosion. Secondly, the application of barrier cream is important as it provides a protective layer on areas of the skin that could be excessively darkened by the spray tan, such as the palms of the hands, around the nails, and on areas where the skin is more sensitive. This cream helps ensure an even and controlled tan, preventing unwanted stains and allowing for a more natural appearance after the tanning session. These steps contribute significantly to achieving the best possible outcome from a spray tanning session, enhancing the client's overall experience.

3. What is the recommended wait time for a spray tan to fully develop?

A. 1-2 hours

B. 4-6 hours

C. 12-24 hours

D. It develops instantly

The recommended wait time for a spray tan to fully develop is typically between 4 to 6 hours. During this timeframe, the DHA (dihydroxyacetone), the active ingredient in most spray tanning solutions, interacts with the amino acids in the skin to produce a brown color. This process is essential for achieving an even and lasting tan. Waiting at least four hours ensures that the tanning solution has time to fully react and sets properly on the skin, leading to optimal results. While some products may suggest a shorter waiting period, exceeding the four-hour mark often results in a deeper and more satisfying tan. It's also important to note that developments can continue for up to 24 hours post-application, but the initial color change is typically noticeable after the first few hours within this recommended window. Choosing a shorter wait time may not allow for complete development, while waiting too long could be unnecessary. The notion of an instant development is misleading, as it implies that the tanning effect is complete immediately after application, which is not accurate.

EXAMPLE

4. How often should clients clean their tanning equipment?

A. After every use

B. Once a week

C. Every month

D. Only when visibly dirty

Clients should clean their tanning equipment after every use to maintain hygiene and ensure the safety of both the equipment and those who use it. This practice helps to prevent the spread of bacteria, skin oils, and other contaminants that can accumulate on the surface of the equipment during use. By cleaning after each session, clients can ensure that the equipment is always in optimal condition for the next user, thus promoting a healthy tanning environment. It is especially important in environments with multiple users, where the risk of cross-contamination is higher. Other frequencies, like once a week or once a month, do not provide sufficient cleanliness for equipment that is frequently used and shared, while waiting until the equipment is visibly dirty could allow harmful bacteria to proliferate in between uses. Regular cleaning demonstrates a commitment to health and safety practices.

5. Is it acceptable to use your phone at work to check the schedule?

A. Yes, it's encouraged for efficient work management

B. No, it's prohibited during work hours

C. Yes, but only during breaks

D. No, only managers can check the schedule

The option indicating that it is prohibited to use your phone during work hours emphasizes the importance of maintaining a professional and focused work environment. In many workplaces, distractions such as personal phone usage can lead to decreased productivity and can interfere with interpersonal communication and collaboration among colleagues. Policies surrounding phone usage are generally established to ensure that employees remain attentive to their tasks and responsibilities. By prohibiting phone use during work hours, organizations can foster better engagement and quality of work. This approach helps balance the need for communication with the necessity for a concentrated work atmosphere, ultimately benefiting both the employees and the organization. Furthermore, regulations about phone usage may vary based on workplace culture, industry standards, or specific employee roles, but the commitment to minimizing distractions is common in most work environments.

SAMPLE

6. If you are scheduled for a shift and cannot find coverage, what should you do?

A. Seek assistance from coworkers

B. Call your supervisor immediately

C. Show up until someone can relieve you

D. Take the day off

When faced with the situation of not being able to find coverage for your shift, showing up to fulfill your responsibility is crucial for maintaining the workflow and team dynamics in the workplace. By choosing to show up until someone can relieve you, you demonstrate reliability and professionalism, which are essential qualities in any job. This action ensures that customers continue to receive service without interruption and that your colleagues are not burdened with an unexpected absence. This option takes into account the importance of teamwork and accountability. When you show up, you are ensuring that the team does not fall short during your scheduled time, which can help prevent any last-minute chaos or stress among your coworkers. Plus, it allows for the possibility that a colleague may become available to take over before your shift ends, providing a solution to the coverage issue. While seeking assistance from coworkers, calling a supervisor, or taking the day off might seem like potential solutions, they do not address the immediate responsibility of covering your scheduled shift. Relying on others to cover can often lead to complications if they are unable to help, and simply not showing up disrupts the entire schedule and team function.

7. What must be shown to new clients in the Skin Wellness for their safety?

A. 3 black panels and steam ports

B. Emergency exit routes

C. All available services

D. Tanning booth instructions

The most appropriate response to ensuring the safety of new clients in the context of Skin Wellness is to provide them with the tanning booth instructions. This information is critical as it guides clients on the proper use of tanning equipment, highlighting safety measures, procedures, and guidelines that need to be followed to avoid accidents or misuse. By displaying these instructions, clients are made aware of the dos and don'ts of tanning, how adjustments can be made for their specific needs, and the necessary steps to follow to ensure an effective and safe tanning experience. Providing instructions not only enhances client understanding of the process but also helps them feel more confident and secure in utilizing the services offered. This focus on safety is a fundamental aspect of client care in any wellness or tanning establishment.

8. What type of product does the Cocoon service focus on?

A. Detoxification

B. Moisturization

C. Exfoliation

D. Bronzing

The Cocoon service primarily focuses on detoxification, which is a key aspect of many wellness and spa treatments. This type of service often involves the use of heat and various natural ingredients to help rid the body of toxins, enhance circulation, and promote overall health. During a Cocoon treatment, the body typically experiences an increase in perspiration, which can aid in flushing out impurities. Detoxification is essential for maintaining skin health and overall well-being, aligning with the goals of the Cocoon service to rejuvenate and refresh the body. While other options like moisturization, exfoliation, and bronzing are also important aspects of skincare, the primary aim of the Cocoon service is to enhance the body's natural detox processes. This differentiates it from other treatments that may focus more on hydration, skin texture improvement, or achieving a tanned appearance.

SAMPLE

9. What is the primary function of Sun Protection Factor (SPF) in tanning?

A. It enhances the tanning effect

B. It protects the skin from UV damage

C. It removes sunburns

D. It accelerates skin darkening

The primary function of Sun Protection Factor (SPF) is to protect the skin from UV damage. SPF is a measure of how well a sunscreen can protect the skin from ultraviolet (UV) rays, which are responsible for sunburn and can lead to more serious skin issues such as premature aging and skin cancer. Specifically, SPF indicates the level of UVB protection provided; UVB rays are primarily responsible for causing sunburn. For example, if a product has an SPF of 30, it means that it takes 30 times longer for the skin to redden than it would without the sunscreen. This protective capability is crucial for maintaining skin health and preventing long-term damage from sun exposure. In contrast, the other options suggest various effects that are not related to the primary role of SPF. Enhancing the tanning effect or accelerating skin darkening does not address the protective aspect against UV damage. Additionally, no product can remove sunburns, underscoring that the primary concern of SPF is preventive rather than restorative. Therefore, emphasizing the protective function of SPF is essential for safe tanning practices.

10. What items are essential for successfully cleaning a service after use?

A. Towel for cleaning and a cleaning solution bottle

B. Spray tan booth and UV bed

C. Skin Wellness Pro and a towel for the next client

D. Cleaning solution bottle and a UV lamp

The correct answer focuses on the essential items needed for the cleaning process after providing tanning services. A towel for cleaning is crucial as it allows for the removal of any residual tanning products, ensuring that the area is left spotless for the next client. The cleaning solution bottle is equally important, as it contains the necessary disinfectants or cleaners that help eliminate any bacteria or germs that may have accumulated during the tanning session. Together, these two items ensure a hygienic environment, which is paramount in any service-oriented business, especially in tanning, where skin health and cleanliness are of utmost concern. The other options incorporate items that are either irrelevant or not fundamentally geared towards the cleaning process. For instance, a spray tan booth and UV bed are equipment used for the tanning process itself rather than for cleaning afterwards. Similarly, while the Skin Wellness Pro may aid in skin health, it does not contribute to the immediate cleaning needs following a session. Lastly, a UV lamp does not serve a direct purpose in cleaning but is instead part of a tanning setup. Thus, the emphasis on specific cleaning tools and solutions in the correct answer is vital to maintaining a safe and sanitary space for clients.

SAMPLE

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

https://glotanning.examzify.com

We wish you the very best on your exam journey. You've got this!

SAMPLE