



## Post Tanning Info and Morning of Competition Tips

Men and women both, please wipe your face in the morning with a wet cloth. For women this gives you a clean face for makeup application and avoids a “dirty” look. Men we will spray lightly if necessary in the morning backstage.

If you eat grapefruit: Drape a towel around your neck so NONE of the juice squirts on you. This grapefruit juice will turn your tan green especially if spatters happen before we have tanned you.

Do not apply deodorant!!! Even after we have tanned you, your armpits will turn green until after you shower it off at the end of the night.

Do not shower before the show is over. We know you feel stinky so does everyone else! You can use baby wipes to freshen up private areas and dust talcum powder under your arms if necessary.

Sleeping Attire: Silk jammies or long sleeve t-shirts and knit bottoms are preferred. Do not wear pajamas with zippers that touch your skin. They will leave marks! **NO RED OR PURPLE COLORS.** Do not sleep nude.

It is expected that there will be areas that need to be touched up the morning of the show i.e. handprints, bathroom dribbles, etc. Come to us with your suits on. Men, come to us with your posing suit on.

If for some reason you have an unforeseen incident and your tan is excessively disrupted when you wake up (i.e. excessive sweating, etc.) Call me 1st we will be up early too :) 678-642-9972 I'll tell you if I want you to take a shower to rinse off with **NO SOAP, DO NOT APPLY DEO OR LOTION TO SKIN.** We will re-spray you at the venue. Situations like the one mentioned are rare, but things do happen! **PLEASE DO NOT CALL FOR LITTLE MINOR SCRATCHES OR MARKS. THOSE WILL BE FIXED BACK STAGE.**

We will start touch up, and day of sprays(if needed) according to the order of events to make sure we get the ones who need to be on stage first taken care of. Please get your touch-ups before you ask us to glaze you. You need a few minutes to dry.

**Also ladies, make sure you are finished bending, stooping, and sitting before you get bikini bite on your suit. We only have time to bikini bite you one time.**

Pump up some before coming to be glazed. Make sure to listen to the expeditors so you know how to time yourself to have glaze and/or bikini bite applied. We will not be able to keep track of what class is going on stage at any given time, so please keep this in mind.

**DO NOT GET WET, WATER IS NOT YOUR FRIEND AFTER A TAN!**

**Have a great night and we will see you in the morning!**

**Contact: Maggie 678-642-9972**