

## PRE TAN INSTRUCTION "TANNING BIBLE"

Tanning for competitions are a necessity. Depending on the class you will enter will determine the darkness you need.

To go in order of darkest to lightest - Bodybuilders require the darkest tan, Figure next, Bikini, Physique and Model last. The reason for the darker skin tone is that competitors are judged specifically on their musculature and condition, and a darker tone will help that show up better under the harsh stage lighting. Since Bodybuilding is all about seeing the detail, then the darkest tan possible is essential. However, in the other divisions if you are too dark, it can take away from your overall appearance and affect your score.

So just HOW do you get the best skin possible? Just like you prepare your body with training and nutrition, your skin needs attention, too. Why go through all the hassle of dieting for a show and then get on stage with a splotchy tan that has streaks?

I have seen a few competitors try to step on stage with no tanning preparation at all. They were completely washed-out and their skin gave off a yellow/green glow, not really the look the judges are looking for.

Even those with Olive/Dark skin should tan as well, if not your skin will look very dry and uneven on stage.

**NEVER TRY ANYTHING NEW 2 WEEKS BEFORE A SHOW. IF IT DOESN'T GO WELL YOU WILL NEED TO TAKE CARE OF THE PROBLEM.**

### **Shaving**

The first aspect of the skin preparation is shaving. Shaving will make you appear hard, sleek, and more defined. You should begin your full body shaving about 6 weeks before the contest (especially, in the area of the bikini line). This will prepare the skin, and remove any sensitivity that could lead to a rash on newly shaved areas. **Your last shave will be Thur, the day before your spray. DO NOT SHAVE FRIDAY!**

### **Waxing**

Waxing is an option and suggested, as it makes the tan appear less blotchy. If you are accustomed to waxing 3 days prior is adequate. If you have not waxed before, get your 1<sup>st</sup> wax done 3-4 weeks before your contest. Some skin can not handle waxing so if that is you; you do not want to find this out days before your contest.

***Note: MEN, if you have never shaved your body START this process ASAP and then just maintain. This cuts down on shave bumps before the show!***

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### Outdoor Tanning/Tanning Beds/Natural Spray Tan

#### YOU HAVE 3 OPTIONS IF YOU CHOOSE:

Most prefer to get a "base" tan before they get their competition spray tan. Begin your tanning no later than 8 weeks from your contest date. Weather you choose to get a natural tan or tanning bed, begin slowly. **Do not allow your skin to burn!**

You can also get a DARK spray tan (airbrush or booth) **THURSDAY BEFORE YOUR COMPETITION TAN ON FRIDAY**, this will give you a base tan and make your competition tan look 100% better. **Please be careful of tan lines.** They don't always fill in very well so **nude is best!**



1) Exfoliation and moisturizing are very important! 4 weeks before your competition tan use the sugar scrub and gently wash entire body, gently exfoliate from head to toe 2- 3 x per week. **Do Not Use Any Bar Soaps or other commercially made scrubs!** Pay special attention to your knees, elbows, hands, feet and heels. The better condition your skin is in, the better the product will absorb, the more flawless your tan will look, and you will have a more even fade after your competition. **The day of your spray tan, EXFOLIATE ONLY with Orange Box Baking Soda and your body-wash only NO sugar scrub. DO NOT MOISTURIZE!**

THE ABOVE SCRUB/MOISTURIZER ARE SOLD ON MY WEBSITE:

2) **Men & women painting the fingernails and toenails with a clear polish** will avoid staining of the nails. We will provide barrier cream to help this as well, which is easily wiped off after your tan application. But barrier cream will not keep your nails from staining SO POLISH THEM! FYI: Females if you choose to paint your nail white it most likely will turn pink even with the barrier cream. Ask your nail tech to apply 2-3 tops coat sometimes helps but not always. Dark color is best.

3) **DO NOT** put on any deodorant, perfume/cologne **BEFORE** or **AFTER** your spray tan application. These products will raise the skin's pH and turn your armpits and body **GREEN!**

4) Come to us with clean, dry skin wearing dark, **LOOSE** fitting clothing and flip-flops. Do not wear any **RED** or **PURPLE**. The **RED** or **PURPLE** dye in cotton will tend to turn your skin **GREEN!** **NO JEANS, SOCKS, TENNIS SHOES, TIGHT CLOTHES; NO YOGA PANTS, ZIPPER JACKETS, SPORT BRA, OR SPAGHETTI STRAPS.** They will leave marks on your skin.

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5) An oversized shirt with buttons and oversized drawstring (non-elastic) waistband style sweatpants made of rayon or silk fabrics are best because they glide over your skin and won't disrupt the development of the bronzer.

**BLACK/DARK COLOR SILK/RAYON PJ OR ROBES WORK THE BEST.**

6) Women can be sprayed nude. We will provide a cap, hair tie and sticky feet for you to wear.

7) Men, for the best results, it is easier for us to spray without posing trunks; therefore we will provide a sock & rubber band for coverage.

8) The actual spray tanning session takes about 20 minutes for the application and another 10 minutes to complete the drying process. You will feel slightly sticky for about an hour until completely dry.

9) After your color has been applied, please plan to sleep in your loose, oversized clothing until the morning. This will eliminate any inadvertent hand marks on your body during sleep. If you are a sweater please turn air down so you do not sweat.

*Competitors assume ALL risk to any hotel property, not limited to soiling of linens. Please be respectful and bring an extra set of sheets, pillow cases and towels. Colored ones are best. And, remember your car seats and arm rest as well. Line toilet seats as well they will turn pink 😊 tin foil works best!*

**\*\*Please Also note:** Please discuss the use of ANY other tanning products used **BEFORE** your appointment with us. We are NOT responsible for poor results with mixing of products that we are unaware of. I have developed these specific skin prep instructions to ensure you receive a flawless tan for your competition. Please feel free to contact me with any questions regarding these instructions. cell 678-642-9972

~Created by Maggie Smith

**CANCELLATION TERMS: Full payment or \$60 non-refundable, non-transferable, deposit is required. The balance of \$50 due at the time of your appointment in **CASH** only. If you pay in full the \$60 fee applies for all cancellations. NO REFUND of any monies for cancellations (2) weeks prior to show. This still applies if you schedule last minute, fail drug test, OR decide to change shows!**