

# Prep Instructions

You've spent weeks preparing your body for your competition, now it's time to prepare your skin. Skin prep is essential for a flawless look. Below, you can find skin prep for men.

## Instructions on preparing your skin for your Competition Airbrush Spray Tan

- Wear dark, loose fitting clothing (long sleeves & long pants) and your slides. **DO NOT wear RED**. The **RED** dye in cotton can tend to turn your skin **Green**.
- Bring a towel and put in your gym bag to pat sweat off after stage.
- Please let us know ahead of time if you have issues with turning green or don't hold your color very well. We will have you do an additional step in your skin preparation. Also let us know if you have been burned (by sun or tanning bed) in the past 3 months. Color will not stick or absorb into newly developing skin.
- BB & CLASSIC Men can be sprayed in a sock, physique can spray in boxers . We will only provide you with 1 sock on Friday.
- Men should use CLEAR nail polish on the fingernails and toenails. This will prevent them from staining.

- Bring extra linens to sleep on so you will not soil the hotel's property. These can also be used in your vehicle as not to mess up your armrests or center console. Also bring extra bath towels and washcloths.
- **Bring something to sleep in that is long sleeved and has long pants.** Something that is made of a light cotton or silk is great. Do NOT sleep in zippers or buttons that will touch the skin. An oversized long sleeved shirt and oversized drawstring (non-elastic) waistband style sweat pants work best. You will be less likely to mess up your color if you sleep with clothing on. If you sleep in the nude you have a chance of ending up with hand prints on yourself!
- **ONE WEEK OUT:** Please prepare for your Spray Tan by showering and exfoliating your body (Every day for one week) from head to toe. Do not forget to scrub your back. Come to us with clean, dry skin. No Body lotions, cologne or deodorant.
- **20% OFF use Code SPRAYBYMAGGIE.** To order your skin prep kit go directly to the [Liquid Sun Rayz](#) Shop Page and order the Liquid Sun Rayz Charcoal Body Scrub, Citrus Body Butter and Yellow exfoliating towel. Competition Color will go on better and will last longer if you are using these products. (No LIE!) Also, they will reduce that 'muddy' effect that competitors seem to get after wearing their color for long periods of time. You will start using these products ONE weeks in advance of your show, so order them ahead of time!
- If you have had trouble with you color in the past then I would recommend LiquidSunRayz.com pH Balancing Body Wash.

- If you are using other scrub products, make sure that they do not have any perfumes or oils in them.

**DO NOT put on deodorant Before or After applying Color. Deodorant will raise the skin's pH and turn your arm pits green!**

- You have to shave at least 6 hours before your Spray Tan. You cannot shave after your color is applied.
- **GENTLEMEN, do not use NAIR to get your hair off.** You will not do it correctly and you will burn your skin. I have seen this too many times and the color will not stick to raw skin.
- Once you have your Competition Color on, you will not be taking a shower until after your competition is over.
- Once the competition is over and you want to remove all the color immediately, we have available for sale "E Rayz It" Tanning remover by Liquid Sun Rayz (\$28) . This is great to use when you need quick removal of color to prepare for back to back shows, or when wanting to get back to natural skin color for any reason.
- Please check your confirmation email for information on where we will be set up for the tanning.
- MAGGIE 678-642-9972