



Proper Skin Care and Prep = The Perfect Stage Tan

At Liquid Sun Rayz® we believe proper skin care and prep care should be part of every competitor's daily regimen, just like brushing your teeth or putting your shoes on. The better condition the skin is in, the better the tanning result. Our goal at LSR is to EDUCATE you on the proper skin care and prep, prior to entering our tanning tents.

One of the big issues we typically see is overly dry skin! A current LSR service provider and a professional painter, had one of the best analogies we have ever heard. Skin is much like wood; the better condition the wood is in, the easier the application of the paint. Dry and uncared for wood yields poor results such as dark patchy areas and uneven spots. Not a good look for the wood and certainly not for the skin of a competitor! Results like these could make it difficult to correct backstage the morning of your competition.

One big misconception out there is, "I stopped moisturizing my skin a week or two ago, to "ensure" my skin would be dry". OH NO! We want the skin well moisturized and hydrated! Exfoliating your skin is also important, however be careful to not be too

aggressive as this can irritate the skin causing negative results.

The day OF your tanning appointment we want the skin *clean* and *free* of surface dirt, body oils, cologne, perfume, and deodorants. etc. These things can react with our tanning products, especially deodorant! Deodorant, besides creating a barrier, also reacts with the skin and turns armpits *green!* Not a pretty look! However, overly dry skin can be just as bad, if not worse...thus the wood analogy!

In certain situations where one has more mature skin, dry skin and/or specific skin conditions (noted below), we often recommend using our LSR® moisturizing body lotion the day of, and many times will apply immediately before the tanning session. We know that our ingredients are compatible with our LSR® Bronzer. There is no doubt that other moisturizers can be used, but since we do not know what a person may use and or the ingredients of what they use ...we only recommend ours.

So.... help us, help you You spend so much time and effort preparing nutritionally and physically, add these simple skin care steps to care for the largest organ of your body and finalize your competition look before stepping on stage.

Below are some of the skin conditions we commonly see on competitors in our

tents. Liquid Sun Rayz® encourages you to reach out to your tanning professional with any and all questions or concerns.

Dry Skin



Dry skin tends to absorb the tanning solution quickly. The skin also exfoliates faster, so the tan may fade faster and more unevenly. DHA can also cause more dryness, so skin can feel tight and itchy if the skin is dry to begin with. We recommend moisturizing twice daily after shower. In the cases of exceptional dryness Liquid Sun Rayz Moisturizer can be applied over the body just prior to tanning

Scars & Stretch Marks



The solution may not absorb through scars. The spray tan may disguise the appearance of scars and stretch marks but will not cover them completely. If the scarring is significant, we apply barrier cream so the scar does not take tan too much, but we **WILL NOT** apply any tanning solution on fresh scars. In this instance Liquid Sun Rayz Secret Weapon can be used to hide the scarring also and is applied about 30 minutes prior to stage.



Acne or Sensitive Skin

Acne is common in bodybuilders and there's little that can be done to disguise it, if anything you are more likely to see tan developing around spots making its appearance worse. If this is the case at the time of stage appearance **Liquid Sun Rayz Secret Weapon** cosmetic product can be used and applied to disguise it

Eczema

Eczema is an inflammation of the skin, characterized by redness, itching, and the outbreak of lesions that may discharge and become crusty and scaly. This is a common condition however a doctor's approval preferred. You should exfoliate your skin prior to being tanned, however should not do so on Eczema-prone areas. Barrier cream or our **Liquid Sun Rayz Moisturizer** will be applied to these areas to prevent tan over developing on the dry patches.



Psoriasis

Psoriasis is an autoimmune disease of the skin by which the body's immune system attacks healthy skin cells causing a rapid overgrowth of skin cells, affected areas appear as red patches with silvery flaky dry skin cells. In this scenario, as with eczema, we would cover the affected areas with barrier cream or our **Liquid Sun Rayz Moisturizer**, spray as normal.



Tinea Versicolor (commonly seen in this industry)

A non-infectious fungal infection of the skin, it typically presents as: Patches that may be white, pink, red, or brown and can be lighter or darker than the skin around them. Spots that do not tan the way the rest of your skin does. Spots that may occur anywhere on your body but are most commonly seen on your neck, chest, back, and arms. Very often we will not discover this until we tan the athlete, as like in regular sunshine the affected skin areas do not take to tanning of any kind. If it is noticeably bad, we can wipe away some of the tan where it has grabbed on to the affected area with our **Liquid Sun Rayz Moisturizer**. If this does not work – then at stage time the **Liquid Sun Rayz Cosmetics** range can take care of that by disguising the affected areas. Typically, this is caused by sun exposure i.e. tanning beds, or excessive sweating i.e. working out and sweaty gym equipment etc

In this situation if you are not already aware, we will refer you to your GP for diagnosis and treatment.



LSR hopes this information is helpful and gives you a better understanding of how imperative proper skin care and prep is to achieving a perfect stage tan as well as having healthy and conditioned skin!

Liquid Sun Rayz looks forward to seeing you and your perfectly prepped skin in one of our LSR tanning tents in 2019

EXFOLIATE DAILY: 1 week prior to show use Liquid Sun Rayz PH Balancing Body Wash and Citrus Body Scrub

MOISTURIZE DAILY: 1 week prior to your tan, moisturize with Liquid Sun Rayz® Nutrient Rich Body Lotion, making sure to pay attention to areas that tend to get drier (hands, feet, elbows, knees) For excessively dry skin we recommend our Citrus Body Butter.

DAY OF YOUR TAN:

- DO NOT participate in any physical activity that may cause perspiration, this will also raise the skin's PH causing you to turn green.
- Wear dark, loose fitting clothing & flip flops.
- Be prepared for bad weather and pack an umbrella, to avoid getting wet and ruining your tan.

HAIR REMOVAL INSTRUCTIONS:

- WAXING: We recommend waxing at least 10 days prior to your tan.
- SHAVING: We recommend shaving 24 hours prior to your tan. Make sure to exfoliate before and after follow with LSR® Body Wash as some razors may leave a soap/conditioner type of residue on the skin and this could affect your tan application.
- LASER: We recommend if having laser hair removal, to do so at least 2 weeks prior to your first application to allow the hair to shed out.

All forms of hair removal are dependent on how sensitive your skin may be. We also recommend full body hair removal to achieve the best application.

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