

INSTRUCTIONS FOR YOUR COMPETITION SPRAY TAN

We do not recommend tanning beds to obtain a base color. If you choose to do so, DO NOT BURN, as you will start to peel and a spray tan CAN NOT fix that. Our solution and application technique will get you stage ready. This eliminates added expense, time and stress on your part. *If you require more than a minor touch up or decide you want an additional spray session at the hotel, the price will be an additional \$25-\$55.

DAY BEFORE

SHAVE OR REMOVE ANY UNWANTED BODY HAIR – I highly recommend Pro Tan **Pro Tan Hair Away®**. It quickly and pleasantly removes unwanted body hair while providing gentle conditioning care for smooth, fresh feeling skin. **Pro Tan Hair Away®** is precisely balanced for all skin types, removing hair for up to three weeks in as little as four minutes. If choosing to shave, do so the night before.

DAY OF

SHOWER AND EXFOLIATE - with pre-tan body scrub/exfoliator, such as **Pro Tan Get Buffed® Pre-Tan Body Scrub**. Formulated with natural exfoliators, plant extracts and vitamins that are exclusively designed to maximize and enhance your sunless tanning results while helping to balance out your skin's pH level. Another good option is an exfoliating glove or mitt.

DO NOT APPLY ANYTHING TO YOUR SKIN THE DAY OF YOUR TAN. THIS INCLUDES, BUT IS NOT LIMITED TO: DEODERANT, MOISTURIZERS OF ANY KIND, OILS, MAKEUP, TONER, PERFUME OR ANYTHING ELSE THAT WILL CREATE A BARRIER FOR THE SPRAY SOLUTION.

GENERAL INSTRUCTIONS

FOR 6 DAYS PRIOR TO YOUR TANNING SESSION

Gently exfoliate from head to toe at least two days during this time period with an exfoliating glove/mitt or baking soda and a wash cloth, followed by an oil free body scrub, like Pro Tan's Get Buffed Exfoliating Scrub. **DO NOT USE ANY OTHER BAR SOAPS OR OTHER COMMERCIALY 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. Avoid all loofahs/loofah gloves, pads and sponges. It is also very important to moisturize daily, **BUT ON THE DAY OF YOUR APPOINTMENT.**

It is suggested that you shave or remove hair at least 8 hours before your spray tan. All waxing must be completed at least 72 hours prior, if you're accustomed to waxing. Otherwise, wax 7 - 10 days before your spray tan appointment. Remember, you cannot shave or shower again after your color is applied until after your competition.

DO NOT put on any make-up, 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! For men and women both, painting the finger and toenails with a clear polish will avoid staining of the nails. Barrier cream is provided for this purpose and is easily wiped off after your spray tan application.

Arrive with clean, dry, loose fitting clothing and fuzzy slippers or flip flops. Do not wear any **RED**. The red dye in cotton can turn your skin **GREEN!**

Wearing an old over sized long sleeved t-shirt and over sized drawstring (non elastic) waistband style sweatpants made of cotton or silky fabrics is best because they glide over your skin and won't disrupt the development of the bronzer. Avoid stiff fabrics and tight tops that you pull over your head. Tops that are buttoned down, or have snaps are recommended. **DO NOT WEAR JEANS OR YOGA PANTS.**

Women may be sprayed nude due to competing in different posing suits. Men may wear something smaller than their posing suit. For the best results, it is easier for us to spray without posing trunks, therefore bring an extra sock for 'coverage.'

Both base coat and top/bronzer coat sessions take about 20 minutes for the application and another 10 - 20 minutes to complete the drying process. You will feel slightly sticky for about an hour until completely dry.

After your color has been applied, please plan to sleep in your loose, over sized clothing until the morning. This will eliminate any inadvertent hand marks on your body during sleep.

DO NOT SHOWER or put on any deodorant, perfume/cologne until after your competition.

* Available for on-site/hotel bookings for 8 or more people. Inquire for pricing. Contestant assumes ALL risk to any hotel property, not limited to staining of linens. (Please be respectful and bring an extra set of sheet and towels.)

NOTE: These specific skin prep instructions have been developed to ensure you receive a flawless tan for your competition.