

## Competition Spray Tanning Companies.....Buyer Beware

A flawless tan on stage is one of the most important elements of a competition. Choosing the best color for you and the company to apply that color has become a challenge.

Spray tanning has entered into the bodybuilding world. Not all competition spray tans are created equal. I hope to educate you and give you some tips and questions to ask before you choose your next "**Competition Spray Tanner**".

When a show offers a spray tanning sponsor, don't assume they have been "competition spray tanning" bodybuilding/figure shows. Competition spray tans are different than a regular spray tan you would get at your local tanning/day spa. When trying to choose which tanning product you are going to choose for your next show, here are some questions you may want to ask if you're considering a competition spray tan:

1. Does the company have a website geared towards competition tanning?
2. Do they offer skin prep instructions?
3. How many coats would you need?
4. Do they have before and after pictures of their color?
5. Will the color come off if you sweat?
6. Do they offer touch up-s and/or glazing?
8. How long do they stay after pre-judging?
9. How many competition shows have they done?
10. Do they have testimonies/references?
11. How does the product hold up on stage?
12. How private is the spray tan area?
13. Do you have men or women spray tan techs?

Don't assume a less expensive company will be comparable to a more established, experienced one. This is a costly sport, one that takes countless hours of training, diet, and discipline. Tanning is one of the most important things required when you step out on stage, don't let an inexperienced spray tan company ruin the chances of you being your best!

Understanding the chemistry of how tanning products work, and how competition diets effect competitors' body chemistry is the responsibility of the spray tanning company. Those that are serious about what they do will have the knowledge and training to work with this very specialized sport.

Most competitors' will agree, that the tanning process is one of the most stressful and dreaded parts of their contest prep. It is the job of a reputable tanning company to alleviate that stress, and to make the experience as pleasant and comfortable as possible.

Choose wisely, ask for pictures and don't be afraid to ask questions!

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