

## 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 I will not be able to fix that part. Our solution and application technique will get you stage ready. This eliminates added expense, time and stress on your part.

COLETTE NELSON: CELL PHONE, 917 545 0200

### Skin Preparation Instructions

**\* For maximum results, spend the next few days(BUT NOT THE DAY OF) your competition spray appointment moisturizing your body.**

1) **The day before and the day of** your competition tan, gently exfoliate from head to toe including your back with an *oil free* body scrub, you can make a homemade scrub by moistening a face cloth with water and make a thick bricky paste of baking soda and a *non-moisturizing liquid gel* soap such as Suave. 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 better your tan will look, and you will have a more even fade after your competition.

2) It is suggested that you have shaved *at least 8 hours* before your spray tan, and all waxing completed at least 72 hours prior. You cannot shave or shower after your color is applied until *after* your competition.

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 arm pits and body green!

4) Come to us with clean, dry skin wearing dark, loose fitting clothing and flip flops. Do not wear any **RED**. The **RED** dye in cotton will tend to turn your skin **GREEN!**

5) An over sized zip-up Hoodie and over sized drawstring (*non elastic*) waistband style sweatpants work best.

6) Women can be sprayed nude due to competing in different posing suits. If you have long hair, please remember to bring a tie back and shower cap to keep hair off your shoulders and neck.

7) Men may wear something smaller than their posing suit or if they choose to go nude, a sock will be provided for coverage if desired. This is suggested as tan lines are not a good thing to have.

8) The actual spray tanning session takes about 10 minutes for the application and another 10-20 minutes to complete the drying process. Once completely dry, there is minimal rub off.

9) 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.

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

11) Competitors scheduled with our Associates assume ALL risk to any hotel property, not limited to soiling of linens. (Please be respectful and bring an extra set of sheets and towels)

**If you have any questions please email or call Colette**  
**[colettey@msn.com](mailto:colettey@msn.com)**