

GUIDE TO YOUR COMPETITION SPRAY TAN

1 FULL BODY COMPETITION DARK SPRAY TAN\$79.99
NEXT DAY SECOND SPRAY ADDITIONAL \$25.00
(Second day spray is usually requested by Body Builders)

PREPARATION & MAINTENANCE

EVERYONE:

- Fully exfoliate your skin with a scrub or a loofah
- **DO NOT** wear any deodorant
- **DO NOT** put on any lotion after exfoliating
- **DO NOT** wear any **RED**. The red dye in the cotton will tend to turn your tan **GREEN**.
- Bring flip flops to wear/leave in after your spray tan
- If it's raining the day of your spray tan bring an umbrella as the rain will ruin your tan
- Ensure all shaving is done before your spray tan
- If you are going to get waxed, make sure to have it done 3 or 4 days prior to your show, as your skin may still have wax on it or it may be irritated if sensitive

WOMEN COMPETITORS:

DO NOT wear any makeup to your appointment.

ALL women competitors get spray tanned naked as you do not want any tan lines. Please be sure to bring dark coloured, loose fitting clothes to go home in: nothing tight in the chest area, no tube dresses or tube tops, nothing tight around the waist. **NO** jeans, **NO** elastic waist bands, they will mark your tan. The looser the better.

Avoid anything with zippers, snaps, buttons or texture. Lightweight cotton is the best.

We suggest wearing an oversize long-sleeved t-shirt and lounge or hospital pants with a drawstring to your appointment.

DON'T FORGET to pick up a bottle of **BIKINI BITE NO-SLIP SUIT FASTENER** available for sale at **HOLLYWOOD TAN**. You will need it so that your suit stays in place on stage while posing.

MEN COMPETITORS:

Whatever category you are competing in will determine what you should wear when getting your spray tan.

If you're a **BODY BUILDER**, bring the suit you are wearing for the show or a sock to get sprayed in.

Many body builders like a **SECOND SPRAY** a day after their first spray tan to increase the darkness. If you are coming in for a **SECOND SPRAY**, rinse off in the shower once with warm water the morning of your second spray.

If you are competing in other categories and are required to wear board shorts, briefs or boxers are suitable to get spray tanned in.

We suggest wearing an oversize long-sleeved t-shirt and lounge or hospital pants with a drawstring to your appointment.

DO NOT put a baseball cap or hat on after getting sprayed, it will leave a mark on your forehead.

(OVER)

EXTRA TIPS

- Women be sure to purchase Dixie cups as you will need to cut the bottom out of them to pee through so that you don't splatter and ruin your tan.
- When sleeping at night we recommend wearing a long sleeved loose shirt and draw string pants that are not tight around the waist. **DO NOT SLEEP IN THE NUDE!** You do not want any skin to skin contact during the night that could potentially ruin your tan, especially if you sweat. Long sleeves are preferred over tank tops and short sleeves.
- Plan to sleep in the clothes you put on **AFTER** your spray tan, this will eliminate any hand prints or marks made in the tan that can occur when changing.
- We recommend keeping your room very cool in order to prevent sweating at night.
- Some competitors wear loose socks on their hands while sleeping to avoid touching their face during the night.
- Avoid any excess sweating after your spray tan is applied.
- Make sure that the glaze that is applied to your skin before your competition **DOES NOT** have **COPPER** or **IRON** products in it as they will turn your tan a funny colour. We recommend **MUSCLE SHEEN COMPETITION POSING GEL** by ProTan or **MUSCLE JUICE** by ProTan, available for sale at **HOLLYWOOD TAN**, for maximum definition while on stage.
- After you get your spray tan, **DO NOT** shower until **AFTER** your show is over.

GOOD LUCK! EVERYONE IS A WINNER!



Matt Stirling

WBFF PRO, Sponsored Athlete
and Owner of Performance Fitness
and Training.



Rita Catolino

Published Fitness and Cover Model,
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