

SKIN PREP

To achieve the best tanning result, follow these guidelines.

FOR YOUR SKIN



1 Exfoliate

- Use dry bicarbonate of soda on wet skin
- 3 times in the week before comp



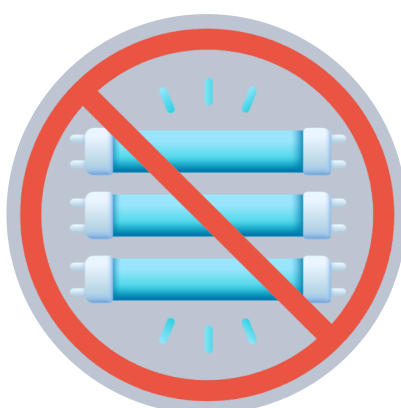
2 Moisturize

- Use coconut oil
- After exfoliating
- Focus on dry areas



3 Shave

- At least 24 hours before tanning
- Don't use a brand new blade



4 Things to Avoid

- Don't wax/ use hair removal creams/ sprays
- Don't apply any other tanning products
- Don't sunbed/ tan in the sun
- Don't apply KT tape/ adhesive bandages

TANWORK

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FOR YOUR APPOINTMENT



1 Shower

- At least 1 hour before tanning



2 Protect Nails

- Apply clear nail polish
- Acrylic/ Gel nails won't stain



3 What to Wear

- Loose-fitting, long-sleeved clothes
- Dark colours if possible
- Tan won't stain clothing



4 Before Tanning

- Remove all products such as lotions, perfumes, antiperspirant, make-up, jewellery, etc.
- Ladies tan in the nude, men may wear tanning trunks
- Tanning in a private pop-up tent by female tan techs

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FOR YOUR COMPETITION



1 Stay Comfortable

- Rest, relax, and enjoy your comp
- Wear loose-fitting clothes



2 Hair & Make-up

- Do hair & make-up before touch-up
- Make-up should be 2 shades lighter than tan



4 After Tanning

- Don't shower and avoid contact with water
- Don't apply any products, incl. adhesive materials
- Avoid anything that may scratch/ damage skin
- Don't exercise, and avoid perspiring as far as possible
- Reduce time spent wearing bikini and outfit changes
- Don't try to fix any damage to your tan

TANWORK

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