

For Best Fitness Tanning Results

Exfoliate and moisturize daily beginning one week before your competition.

When moisturizing, water based products are preferable. Avoid heavy, oily creams or dry body oil sprays.

Shower off makeup and body products including deodorant, perfumes or body sprays right before your tan. DO NOT MOISTURIZE.

Remove jewelry & contact lenses.

Long hair should be pulled back in a pony tail – shower caps provided.

Wear dark, loose fitting clothing – no tight undergarments.

Avoid showering, exercising or swimming until after your competition.

Your tan will last anywhere from 4 - 7 days.

To maintain after competing, continue to cleanse and moisturize daily but do not exfoliate.

To remove, soak in Epsom salt bath and exfoliate.

Avoid

- Skin care containing alpha hydroxy acids
- Anti-ageing skin care
- Skin lighteners, or hair bleaching products
- Masks, scrubs & exfoliators
- Bug sprays, body mists & perfumes (spray clothing instead)
- Band-aids
- Bar soap
- Use a sharp razor when shaving