

TOAST SUNLESS STUDIO - Skin Prep for fitness and bodybuilder tanning (2 pages)

For maximum results, spend the week prior to your competition spray appointment exfoliating and moisturizing your skin.

The DAY OF your spray tan, DO NOT MOISTURIZE – EXFOLIATE ONLY.

THE WEEK LEADING UP TO YOUR COMPETITION TAN:

1) Each shower, make a thick paste of baking soda AND a NON-oily, NON-moisturizing (no petroleum) liquid gel soap (Suave Naturals works), and gently scrub entire body using a washcloth, and moving in large, overlapping circles. Use this prep from head to toe. Remember the collarbone/neck area, and in and around armpits. Pay special attention to your knees, elbows, hands, feet and heels.

2) MOISTURIZE, MOISTURIZE, MOISTURIZE! after each and every shower the week leading up to your competition tan. This is VITAL to the tan going on evenly and looking amazing! We strongly recommend a non-petroleum-based moisturizer. Cerave Lotion (in the pump) is petroleum- and fragrance-free, and is available at most drugstores. Exfoliating and moisturizing properly will enhance your tan like nothing else!

NOTE: The better condition your skin is in, the better the product will absorb, the more flawless your tan will look, and you will have a more even fade after your competition.

THE DAY OF YOUR TAN:

1) Exfoliate using only the oil free body wash and a wash cloth (no fabric softener, please) DO NOT use the baking soda mixture in this last shower. You may shave using oil-free body wash at this time if you wish. DO NOT use any other soaps before your tan.

2) DO NOT apply lotions, perfumes, after shave or deodorants before your tan, come in with 100% clean skin.

3) Make sure all the hair you want off, IS OFF, you cannot shave or shower after your color is applied, until after your competition.

REMINDER ABOUT SHAVING/HAIR REMOVAL:

It is suggested that you shave at least 8 hours before your spray tan, preferably the night before. All waxing or sugaring should be completed at least 72 hours prior, if you're accustomed to waxing or sugaring. Otherwise, it should be done 7-10 days before your spray tan appointment..

IMPORTANT:

DO NOT put on any make-up, deodorant, perfume/cologne Before or After your spray tan application. These products will alter the skin's pH and turn your arm pits and body green!

The actual spray takes 10-15 minutes for application and another 10-20 minutes to dry. We will apply 2-3 coats of product, as needed, and recommend that you allow 45-60 minutes total for the session.

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WHAT TO WEAR and NOT WEAR:

Come with clean, dry skin, wearing dark, loose-fitting clothing and flip flops (no boots or trainers).

We recommend a soft, over-sized top and over-sized drawstring waistband sweatpants made of lightweight or silky fabrics. These are great because they glide over your skin and won't disrupt the development of the tan.

Avoid tops that you pull OVER your head. Buttoned down tops are preferred. DO NOT wear jeans or anything with exposed elastic!

Although comfortable, tight and stretchy exercise wear can damage bronzers and compromise DHA results.

HOW TO SLEEP ON YOUR TAN:

- 1) Keep your room cool
- 2) Plan to sleep in your loose, over sized clothing until the morning. This will eliminate any inadvertent hand marks on your body during sleep.
- 3) DO NOT SHOWER or put on any deodorant, perfume/cologne until AFTER your competition. Do not wear any RED. The RED dye in cotton can give you a greenish tint!