

## **1 FIT JOKER TANNING**

### **Skin Preparation Instructions**

- For maximum results, spend the week prior to your competition spray appointment exfoliating and moisturizing your body. There are several kinds of competition exfoliates and moisturizers to choose from. The recommended competition exfoliate is a Pre tan body scrub that is fragrance free and is PH balanced. For a moisturizer we recommend any moisturizer that is fragrance free like Aveeno or St. Ive's.
- The DAY OF your spray tan, DO NOT MOISTURIZE – EXFOLIATE ONLY With Baking Soda Mixture and an exfoliation mitt.

**\*\* If you choose to use a tanning bed for a base tan, DO NOT BURN! We cannot fix peeling skin and you will not have a good look on stage once spray tanned.**

- 1) **The week of your competition tan** (Ideally Monday, Wed and Fri.) make a thick bricky paste of baking soda AND a non-moisturizing liquid gel soap such as Dial soap , and gently wash entire body. Then, gently exfoliate from head to toe, with nylon exfoliating gloves or a nylon mesh cloth. **Do Not Use Any Bar Soaps or other commercially made scrubs the week of your tan. It may leave a heavy lotion layer on the skin that can build up and prevent spray tanning solution to penetrate or cause poor fading and or patches.**
- 2) **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 more flawless your tan will look, and you will have a more even fade after your competition. \*Avoid all loofa/loofah gloves, pads and sponges. PLEASE MAKE SURE you wash again with the non-moisturizing liquid gel soap after exfoliating. This will ensure that there is not an excess of oily residue on your skin should your own choice of body scrub contains too much oil. **DO NOT USE SHAVING CREAMS/FOAMS THE DAY OF TANNING (IF YOU DO PLEASE EXFOLIATE WITH THE MIXTURE LISTED ABOVE)**

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2) It is suggested that you have shaved at least 8 hours before your spray tan, preferably the night before, and all waxing completed at least 72 hours prior **if** you're accustomed to waxing. Otherwise, wax 7-10 days before your spray tan appointment. You cannot shave or shower after your color is applied until after your competition. **SEP**

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3) **DO NOT** put on any make-up, deodorant, perfume/cologne **Before or After** your spray tan application. Ladies will be able to apply make up on show day. These products will raise the skin's ph and turn your armpits and body green! **For men**, painting the finger and toenails with a clear polish will avoid staining of the nails. We will provide barrier cream for this purpose as well, which is easily wiped off after your tan application. **SEP**

