

ProPerfect Skin Preparation Instructions

For maximum results, spend the week prior to your show exfoliating and moisturizing your body.

- The DAY OF your spray tan, DO NOT MOISTURIZE, NO DEODORANT, NO PERFUME – EXFOLIATE ONLY! Towel dry. BARE CLEAN SKIN.
- You can choose to use a tanning bed leading up to your show. **DO NOT BURN!** We cannot fix peeling skin and you will not have a good look on stage once spray tanned.

The day and week of your tanning appointment:

To create pH Balanced body wash: Make a thick paste of baking soda AND a non-moisturizing body wash, we recommend dawn antibacterial dish soap, and gently wash entire body. We also recommend Jan Tana's Ph or Pro Tan's Get Buffed! balanced scrub at the end of this instruction sheet, but the home made paste works just as well if you prefer. Using the PH balanced scrub; exfoliate from head to toe, with nylon exfoliating gloves or a nylon mesh cloth. You may also shave using the scrub. Do Not Use Any Bar Soaps or other commercially made scrubs! Pay special attention to your knees, elbows, hands, feet and heels. The better condition your skin is in, the better the tanning product will absorb, the more flawless your tan will look, and you will have a more even fade after your competition.

- 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 7-10 days prior to your spray appointment. If you are accustomed to waxing 3 days prior is adequate. Nair is suggested as well, day before your spray. IT IS SUGGESTED ALL HAIR FROM THE NECK DOWN TO BE REMOVED FROM YOUR BODY.
- **You cannot shave or shower after your color is applied until after your competition.**
- **DO NOT** put on any make-up, deodorant, perfume/cologne **before or after** your spray tan application. These products will react with the tanning solution and turn your armpits, face and any other areas of the body they contact green! **For men**, painting the finger and toenails with a clear polish will avoid staining of the nails.
- Ladies will be able to apply make up on show day. If you do get your face spray tanned, the morning of your show you may use a make up wipe or baby wipe to remove excess bronzer. Remove before applying make up
- Come to us with clean, dry skin wearing dark, very **loose fitting** clothing and flip-flops. Do not wear any **RED**. The **RED** dye in cotton will tend to turn your skin **GREEN!** An over sized shirt and over sized pants made of **stretchy fabrics are best because they glide over your skin and won't disrupt the development of the bronzer. Avoid stiff fabrics! Pants and tops that**

“easily” pull OVER your head are best. Avoid Zippers, snaps and buttons! Do Not Wear Jeans, tight sport bras, socks or tennis shoes!

- Women can be sprayed nude. If being sprayed nude is uncomfortable, please provide own garments. If you have long hair, please remember to bring a tie back to keep hair off your shoulders and neck. You may wear a cap or hair net.
- Men can also be sprayed nude or may wear something smaller than their posing suit, if being sprayed nude is uncomfortable. For the best results, it is easier for us to spray without posing trunks. You may also cover with a sock.
- The actual spray tanning session should only take about 20 minutes for the application and another 10 minutes to complete the drying process. You will feel slightly sticky for about an hour until completely dry.
- After your color has been applied, please plan to sleep in your loose, over sized clothing until the morning. This will eliminate any inadvertent hand marks on your body during sleep. **DO NOT SLEEP NUDE.**
- Wear socks on your hands overnight to avoid hand prints on your body. If you touch your skin or face the oils in your hands can cause discoloring and prints. Staying cool and covered all night is best.

AVOID WATER: Ladies, it is recommended to pee in a funnel or cup- you may be laughing but you do not want water spots on the back of your legs. Everyone- please check before you sit on the toilet. Water spots will remove bronzer. Brushing teeth, washing hands should be done very gently. We recommend antibacterial wipes for your palms so you do not look like you have gloves on while on stage (washing hands will remove majority of bronzer leaving your hands lighter than the rest of your body).

NOTES: Competitors scheduled with ProPerfect assume ALL risk to any hotel property, not limited to soiling of linens. (Please be respectful and bring an extra set of sheets and towels for your hotel room)

***If, during your spray appointment, it is determined that you have deviated from the above skin prep recommendations without prior communication with us and, you are asked to re-shower, you will be charged an additional \$50.00. There are NO EXCEPTIONS. This disruption causes a break down in the schedule, creates unnecessary added stress and additional product expense.**

****PLEASE ALSO NOTE**

If you have used another company's tanning product it is important that it be rinsed off the skin before being sprayed by ProPerfect. Please discuss the use of ANY other tanning products used BEFORE your appointment with us. We are NOT responsible for poor results with mixing of products that we are unaware of. We have developed these specific skin prep instructions to ensure you receive a flawless tan for your competition. Please feel free to contact us with any questions regarding these instructions.

Recommended show product: Jan Tana PH skin prep and Jan Tana Glaze OR Stage posing gel. The products are found on the Jan Tana website: www.jantana.com. It is HIGHLY recommended that all competitors have their own glaze, bikini bite, and small roller or buff pads for emergencies. We cannot be 24/7 emergency assistance but can explain how to fix small problems.

Depending on show size we may not be at every venue. So please prepare.

