Spray Chic Skin Preparation Instruction:

**~COMPETITION SKIN PREP~**

**START YOUR SKIN PREP MONDAY BEFORE YOUR SHOW!**

1).  PURCHASE A SALT OR SUGAR SCRUB AND EXFOLIATING GLOVES ALSO A BACK BRUSH IF YOU DON'T HAVE SOMEONE TO

SCRUB YOUR BACKSIDE. (YES MEN TOO!!!)  
2).  USE THE SCRUB, GLOVES AND BRUSH WITH YOUR SHOWER EVERY DAY!

3).  MOISTURIZE AFTER EVERY SHOWER AND BEFORE BED (ESPECIALLY IF YOU HAVE DRY SKIN)

4). WAXING SHOULD BE COMPLETE BY WEDNESDAY TO GIVE SKIN A CHANCE TO HEAL.

5). LAST SHAVE SHOULD BE YOUR FRIDAY SHOWER PRE TANNING. YOU CANNOT SHAVE OR GET WET ONCE TANNED!

6). STOP TANNING (IF YOU TAN IN A BED) WEDNESDAY…NOT TO RISK BURNING SKIN..TANNER WILL NOT LOOK GOOD IF THIS HAPPENS!

7). IF YOU HAVE LINES FROM OUTDOOR TANNING, YOU MAY WANT TO CONSIDER HITTING THE BED TO EVEN OUT…THE

TANNER CAN COVER UP MOST BUT NOT ALL TAN LINES.  
  
\*\*\*\*THIS WILL ENSURE THAT YOUR SKIN HAS A SOFT EVEN TEXTURE AND IS AS PH BALANCED AS POSSIBLE FOR THE TANNER TO ABSORB EVENLY!!!!!!!!!!    
  
\*\*\*\*THIS IS VERY IMPORTANT DO NOT PROCRASTINATE OR FORGET!!!!!!!!!!!!  
  
 **FRIDAY BEFORE TAN TIME**

1).  SHOWER BEFORE FIRST SPRAY TAN....(THIS WILL BE YOUR LAST SHOW UNTIL AFTER THE SHOW!!!!)

MAKE SURE YOU SCRUB WHEN YOU RINSE AS ANY RESIDUE FROM SOAPS, CONDITIONERS ETC CAN AFFECT HOW THE

TANNER ABSORBS INTO YOUR SKIN. SHAVE IF NEEDED!

2).  DO NOT MOISTURIZE OR USE DEODRANT!!!!  **VERY VERY IMPORTANT!!!!!!!!!!!!!!!!!!!**3).  YOU CANNOT WASH YOUR HAIR AFTER YOU ARE SPRAY TANNED!!!!    
4).  WATCH HOW YOU PEE.....ANY WATER OR MOISTURE SPOT ON YOUR TANNER WILL LEAVE A MARK...YOU ARE VERY FRAGILE AFTER TANNING. PEE THROUGH A DIXIE CUP OR PURCHASE A GO GIRL (FUNNEL) FROM AN OUTDOOR SUPPLY STORE…(MEN, JUST AIM)   
5).  WEAR LONG SLEEVES AND A ZIP UP TOP ...NO UNDERWEAR AFTER TANNING AND LOOSE WAISTED SWEAT PANTS. YOU SHOULD ALSO SLEEP IN THIS TO PROTECT YOUR TAN. ESPECIALLY IF YOU SWEAT OR HANDS ON SKIN

WILL LEAVE A MARK!  
6).  WEAR FLIPFLOPS ONLY OR GO BARE FOOT..NO SHOES OR SOCKS  
7).  MAKE SURE YOU WEAR THE SWEATSUIT OR ROBE AND FLIPFLOPS TO YOUR TANNING APPOINTMENT SO THAT YOU CAN LEAVE PROTECTED.  
8).  HAND WASHING: IT IS BEST TO USE AN ANTIBACTERIAL GEL SO YOU DO

NOT SPRAY OR SPLASH. IF YOU NEED HANDS TOUCHED UP WE CAN DO IN THE AM BACKSTAGE.

9).  WE WILL ARRIVE BACKSTAGE AT 7 AM FOR TOUCHUPS OR SCHEDULED AM APPTS! COME TO OUR AREA IF YOU NEED HELP OR TOUCHUPS!  
  
WE WILL BE BACK AT THE VENUE WHEN THE DOORS OPEN FOR ANYONE NEEDING TOUCHUPS PRIOR TO THE NIGHT

SHOW!

**GOOD LUCK TO EACH OF YOU AND THANK YOU FOR CHOOSING SPRAYCHIC AS YOUR SHOW TANNER!**

**NO MORE TAN-TRUMS!!!!**