



DAILY ROUTINE

- While not completely necessary, daily moisturizing will help keep skin from drying and help when beginning the exfoliating process the week before your show.
- When using sweat wraps/creams remember that if you use them on your stomach and not the rest of your body to lotion the other parts of your body to keep the skin evenly moisturized.

WEEK OF COMPETITION

- Start exfoliating your entire body 7 days prior to your show date for proper tan adherence. We suggest PLAIN dial soap (no oils or scents)
- Stop using any lotion or oil-based products on your skin – the goal is to get your skin as dry as possible for the tan.
- Only use DIAL (or similar) soap when showering
- NO use of deodorant 4 days out- your armpits may turn green from the tan
- Start shaving 2 days out from your show (Thursday) so you can do any touch-ups on Thursday/Friday before your first coat of tan. Try not to shave any additional areas that you do not regularly shave, as that could cause irritation that your skin is not used to and could affect the application of the tan. Shower 3 hours prior to your tan the day before your show

NIGHT BEFORE COMPETITION

- **Prior to tanning:** Make sure that you have no lotions, deodorants, or perfumes on and that your skin is dry and has been properly exfoliated using the Get Buffed Pre-Tan Body Scrub.
- Pour Pro Tan Overnight Competition Color Base Coat (ProTan regular) into a bowl/large tupperware container.
- Using the applicator mitt (be sure to bring and wear some disposable gloves so you don't stain your nails or hands too dark), follow the self-application instructions and lightly dip the mitt and apply the Pro Tan Overnight Competition Color Base Coat to skin.
- Starting from the ankles and working your way up to the neck apply ProTan in long, even vertical strokes. Be sure to apply lighter strokes around hairlines, knees, elbows and ankles. Be sure to use the entire bottle and evenly coat all areas.
- Let the tan dry for 5-10 minutes in a cool, dry area. If you are applying another coat make sure to wait 4-6 hours so that the color fully develops.
- After applying your first application, sleep in long, dark, loose fitting clothes. Avoid wearing strap clothing or carrying a backpack as it may smear the tan. Bringing a set of sheets to sleep on and an additional dark colored towel to use on your first shower will help prevent any additional charge to your stay by keeping hotel sheets and towels undamaged.

MORNING OF COMPETITION

- Rinse off in the AM prior to getting ready
- Follow the self-application instructions and apply ProTan SUPER DARK as your top coat.
- Allow color to dry before direct contact with clothes or water.
- Bringing an extra mitt with ProTan backstage will be helpful if any touch ups are needed, in case you are unable to get them at show venue.
- Once you are just in your bikini backstage, a blanket or large towel to sit on can help keep your tan clean and free from any dirt from the floor.

SUPPLIES NEEDED

- Tanning Pad (2)
- Gloves (disposable)
- Container to pour tan in (disposable)
- One Bottle Overnight Competition Tan
- One Bottle Super Dark Competition Tan

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