

**MOISTURIZE AND EXFOLIATE DAILY**

**DAY OF APPOINTMENT**

- WASH AND EXFOLIATE**
- DON'T MOISTURIZE**
- NO DEODORANT OR PERFUME**
- LOOSE FITTING NOT RED**

**IFBB PRO**  
**Ashley Kaltwasser**

Skin Prep is not something you do right before coming for your competition tan.

For maximum results you should be [taking care of your skin daily](#), all year long! The better you take care of your skin, the better it will take care of you when the time comes for tanning.

For optimum results use [Liquid Sun Rayz Charcoal Sugar Scrub](#) regularly 2-3 times per week and [Liquid Sun Rayz Nutrient Rich Body Lotion](#) daily.

The week of the competition, GENTLY exfoliate DAILY with [LSR Charcoal Sugar Scrub](#), and moisturize 2x daily with [Liquid Sun Rayz Nutrient Rich Body Lotion](#) Monday- Thursday.

The day of your tanning appointment, use non-moisturizing liquid gel soap such as [Liquid Sun Rayz PH Balancing Body Wash](#), and gently wash entire body. Then, using [Liquid Sun Rayz Charcoal Sugar Scrub](#) GENTLY exfoliate from head to toe with nylon exfoliating gloves or a nylon mesh cloth. You may also shave using the Charcoal Sugar Scrub as it starts to emulsify. Do not use any bar soaps. 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. DO NOT MOISTURIZE the day of your tan.....exfoliate only.

If you do not use [LSR Charcoal Sugar Scrub](#) as your exfoliator, **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. Most commercially made scrubs contain a high amount of oil.

It is suggested that you have shaved at least 8 hours before your spray tan. We do not recommend body waxing, as we have experienced more issues with sensitive skin, poorly given body waxes, wax residue, and severe skin irritations post body waxing which effects your competition spray tan. These skin issues that develop are very noticeable on stage after the tan.

Come to us with clean, dry skin. Those with mature or excessively dry skin may apply [Liquid Sun Rayz Nutrient Rich Body Lotion](#) before being sprayed. This is the ONLY moisturizer we can guarantee a positive result. Do not wear deodorant, perfume/cologne before or after your spray tan application. These products will react with the tanning solution and turn your armpits 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. We will provide barrier cream for this purpose as well, which is easily wiped off after your tan application.

Wear dark, loose fitting clothing and flip-flops. Do not wear any RED. The RED dye in cotton will tend to turn your skin GREEN!

An oversized shirt and oversized pants made of stretchy fabrics are best because they glide over your skin and won't disrupt the development of the bronzer. Jammies , lounging pants, and tops that easily pull over your head are best. Avoid zippers, snaps and buttons, jeans, and stiff fabrics.

Women can be sprayed nude. If you have long hair, please remember to bring a tie back to keep hair off your shoulders and neck. We will provide a cap for you to wear.

Men can be sprayed nude, a sock will be provided for coverage, or wear something smaller than their posing trunks or boards shorts.

The actual spray tanning session takes about 10 minutes for the application and another 10-20 minutes to complete the drying process. You may feel slightly sticky for about an hour until completely dry.

After your color has been applied, please plan to sleep in your loose, oversized clothing until the morning. This will eliminate any inadvertent hand marks on your body during sleep. DO NOT sleep in the NUDE!

LSR is compliant with FDA recommended protective gear and will have nose filters, privacy covers, eye protection, etc. available should you choose to use them.

Competitors scheduled with LSR assume ALL risk to any hotel property, not limited to staining of linens. Please be respectful and bring an extra set of sheets and towels. We recommend [sleep sacks](#). Most clients experience minimal rub off on linens and towels but many hotels will charge competitors for these items when they know a competition is occurring on the property.

If you have used another company's tanning product it is important that it be rinsed off the skin before being sprayed by LSR. 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. I have developed these specific skin prep instructions to ensure you receive a flawless tan for your competition.

Please feel free to contact LSR with any questions regarding these instructions.