



BOMBHELL  
PRODUCTIONS  
INC.



## *Bombshell Productions Inc.*

# DRUGSTORE SKIN PREP GUIDELINES

Skin prep is not something you do right before your competition tan.

For flawless, stage-ready results, skin care must be consistent all year long. Healthy, well-maintained skin absorbs tanning solution more evenly, develops more beautifully, and fades more uniformly after your competition.

The better you take care of your skin, the better your tan will perform on stage.

### **DAILY & YEAR-ROUND SKIN CARE (STRONGLY RECOMMENDED)**

For optimal skin condition leading into competition prep:

- Exfoliate 1-2 times per week using St. Ives Exfoliator
- Moisturize daily with Aveeno or Lubriderm Unscented Body Lotion

Consistent exfoliation and hydration help prevent patchiness, dryness, and uneven color development.

### **✗ PRODUCTS TO AVOID DURING PEAK WEEK (These can ruin your tan)**

- Bar soap
- Dove body wash
- Baking soda
- Body butters
- Body oils
- Homemade body scrubs
- Coffee scrubs
- Fragranced lotions
- Alcohol-based lotions
- Nair / Veet hair removers
- Any product labeled "exfoliating" outside scheduled exfoliation days
- Any new skincare products introduced during peak week



BOMBHELL  
PRODUCTIONS  
INC.



## *Bombshell Productions Inc.*

# DRUGSTORE SKIN PREP GUIDELINES

### **BODY WASH**

☞ Vagisil Unscented (yes—men too)- 💰 Approx. \$10–15

Why we recommend it:

This gentle, unscented wash helps regulate your skin's natural pH, which is critical for an even, smooth tan.

⚠️ Skipping this step can cause your tan to look patchy, uneven, or “off.”

Key Rule:

✓ MUST be unscented

### **EXFOLIATE**

☞ St. Ives Exfoliating Scrub + Exfoliating Mitts- 💰 Approx. \$10–15

Dead skin = streaky tan.

Use this combo to gently remove dry, dead skin and keep your skin smooth leading into show week. Consistent exfoliation is one of the most important steps for a flawless result.

### **MOISTURIZE**

☞ Aveeno or Lubriderm (Fragrance-Free & Alcohol-Free)- 💰 Approx. \$15

Hydrated skin = smooth, even, stage-ready tan.

These formulas moisturize without leaving behind a residue or barrier that can prevent your tan from developing evenly.

✓ Fragrance-free

✓ Alcohol-free



BOMBHELL  
PRODUCTIONS  
INC.



*Bombshell Productions Inc.*

# DRUGSTORE SKIN PREP GUIDELINES

## TINEA VERSICOLOR SOAP (ONLY IF NEEDED)

👉 Selsun Blue Dandruff Shampoo- 💰 Approx. \$10–15

If you notice lighter patches on your skin (pink, red, white, or brown), this may be Tinea Versicolor, a common and harmless fungal condition.

Use Selsun Blue as a body wash on affected areas to help improve skin appearance over time.

⚠️ This is NOT an instant fix.

Start well before your show, and consult your doctor for proper diagnosis if unsure.

**To be clear NOTHING beats using the LSR Skin Prep Kit as it has everything you need for a flawless tan without the guess work. But we would rather see you do some form of skin prep then none at all!**

## ★ WHY WE RECOMMEND DRUGSTORE PRODUCTS

- Affordable
- Easy to find
- Consistent formulas
- No unnecessary additives that ruin tans

Skin Prep Is Key to a Flawless Competition Tan



BOMBHELL  
PRODUCTIONS  
INC.



# *Bombshell Productions Inc.*

## **DRUGSTORE SKIN PREP GUIDELINES**

### **PEAK WEEK SKIN PREP INSTRUCTIONS**

(Follow exactly for best tanning results)

#### **BODY WASH – DAILY**

☞ Use Vagisil Unscented as your body wash every day during peak week. This helps maintain proper skin pH so your tan develops evenly and smoothly.

⚠ Do not switch products during peak week.

✓ MUST be unscented

#### **MOISTURIZE – DAILY (TWICE DAILY IS BEST)**

☞ Moisturize every day during peak week using Aveeno or Lubriderm (fragrance-free and alcohol-free only)

- Morning and evening application is ideal
- Well-hydrated skin = smoother, darker, more even tan

#### **EXFOLIATE – TWICE DURING PEAK WEEK**

☞ Exfoliate at least two times:

- Monday
- Thursday

Use St. Ives Exfoliating Scrub + exfoliating mitts to remove dead skin and prevent patchiness.

⚠ Do not over-exfoliate. Stick to the schedule.

#### **KEY REMINDERS**

- Consistency matters more than intensity
- Do not introduce new products during peak week
- Simple, clean skin = best possible tan result



BOMBHELL  
PRODUCTIONS  
INC.



## *Bombshell Productions Inc.*

# DRUGSTORE SKIN PREP GUIDELINES

### SHAVING & HAIR REMOVAL

- Shave at least 8 hours prior to your spray tan
- Body waxing is NOT recommended
  - Wax residue, sensitive skin, and irritation are common
  - These issues are highly visible after tanning and on stage

### BEFORE YOU ARRIVE

Please arrive with:

- Clean, dry skin
- No deodorant
- No perfume or cologne

⚠ These products will react with tanning solution and may cause green discoloration.

### CLOTHING & FOOTWEAR

Please Wear:

- Dark, loose-fitting clothing
- Flip-flops or slides
- Stretchy fabrics that glide over the skin

### ✗ DO NOT wear RED

Red dye in cotton fabrics can react with tanning solution and cause the skin to turn green.

Best options:

- Oversized t-shirts
- Lounge pants or pajamas
- Clothing without zippers, snaps, buttons, or stiff seams



BOMBHELL  
PRODUCTIONS  
INC.



## *Bombshell Productions Inc.*

# DRUGSTORE SKIN PREP GUIDELINES

### DURING YOUR TAN

- Women will be sprayed nude
  - Please bring a hair tie to keep hair off shoulders and neck
  - A hair net will be provided to protect your hair
- Men will be sprayed nude or wearing a sock for privacy, Men's Physique competitors can wear their underwear as long as the waistband is rolled down 3 times.

### Application time:

- Spray tan: ~10 minutes
- Drying process: 10–20 minutes

You may feel slightly sticky for up to an hour.

### AFTER YOUR TAN

- Sleep in loose, oversized clothing
- **DO NOT sleep nude**
- This prevents accidental hand marks and friction during development

### NAILS & BARRIER PROTECTION

- Men are encouraged to apply clear polish to fingernails and toenails
- LSR will provide barrier cream to protect palms, nails, and toenails
- (Easily removed after tanning)

### HOTEL RESPONSIBILITY

Athletes assume all responsibility for any staining to hotel property.

We strongly recommend:

- Bringing an extra set of sheets and towels
- Using a sleep sack if possible



BOMBHELL  
PRODUCTIONS  
INC.



# *Bombshell Productions Inc.*

## **DRUGSTORE SKIN PREP GUIDELINES**

Most athletes experience minimal rub-off, but hotels may charge competitors during show weekends.

### **SAFETY & COMPLIANCE**

Bombshell Productions Inc. follows FDA/ Health Canada-recommended protective practices and provides upon request:

- Nose filters
- Eye protection
- Privacy covers
- (Use is optional)

### **IMPORTANT PRODUCT DISCLOSURE**

If you have used another tanning company's product, it must be fully rinsed off prior to your Bombshell appointment.

Please disclose any previous tanning products used before your appointment.

Bombshell Productions Inc. is not responsible for poor results caused by undisclosed product mixing.

### **FINAL NOTE**

These skin prep instructions have been carefully developed to ensure you receive the most flawless, stage-ready tan possible.

If you have any questions at all, please contact Bombshell Productions Inc. — we're always happy to help.

Trust the process. Trust the prep. Trust Bombshell Productions.