



BOMBHELL
PRODUCTIONS
INC.



Bombshell Productions Inc.

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 Liquid Sun Rayz Charcoal Sugar Scrub
- Moisturize daily with Liquid Sun Rayz Nutrient Rich Body Lotion

Bombshell Productions Inc. is proud to be the exclusive Distributor for Liquid Sun Rayz in Canada. Certified LSR products are available **ONLY** through our website.

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



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PEAK WEEK SKIN PREP (MONDAY–THURSDAY)

During peak week, your skin care routine becomes more intentional:

- Gently exfoliate DAILY using LSR Charcoal Sugar Scrub
- Moisturize twice daily (morning & evening) with LSR Nutrient Rich Body Lotion
- Be gentle — aggressive scrubbing can cause irritation and uneven absorption
- Discontinue deodorant use no later than Tuesday of peak week

🚫 **DEODORANT, PERFUME & SCENTED PRODUCTS (VERY IMPORTANT)**

- Stop wearing deodorant no later than Tuesday of peak week
- Do NOT wear deodorant, perfume, or cologne before or after your spray tan
- These products chemically react with tanning solution and can cause green or discolored underarms and surrounding skin
- Do NOT use baking soda,

If odor control is a concern:

- Gently cleanse underarms with LSR pH Balancing Body Wash
- use a Bounce sheet to help feel fresh
- Allow skin to remain completely clean and dry
- Avoid all scented or “natural” deodorants — these still contain oils and acids that interfere with tanning
- use our signature Post Tanning Dusting Powder to help keep you feeling fresh.

⚠️ There are no deodorants we can guarantee will be safe for competition tanning.



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DAY OF YOUR TANNING APPOINTMENT

SHOWER & EXFOLIATION

1. Shower using a non-moisturizing liquid gel soap, such as Liquid Sun Rayz pH Balancing Body Wash
2. Gently exfoliate your entire body using LSR Charcoal Sugar Scrub
 - a. Use nylon exfoliating gloves or a nylon mesh cloth
 - b. You may shave while exfoliating as the scrub emulsifies
 - c. Do NOT use bar soaps
3. Pay special attention to:
 - a. Knees
 - b. Elbows
 - c. Hands
 - d. Feet & heels

 **DO NOT MOISTURIZE on the day of your tan — exfoliate only.**

IMPORTANT EXFOLIATION NOTE

If you do not use LSR Charcoal Sugar Scrub, you must wash again with a non-moisturizing liquid gel soap after exfoliating.

Most commercially made scrubs contain high amounts of oil, which can prevent proper absorption of the tanning solution. Avoid Using them!



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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.

Exception:

Athletes with mature or excessively dry skin may apply LSR Nutrient Rich Body Lotion ONLY prior to tanning. This is the only moisturizer we can guarantee will not interfere with results.

CLOTHING & FOOTWEAR

Please Wear:

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



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✗ 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

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



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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

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.



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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.