



FitWorld Competition Tanning Skin Prep Instructions:

Recommended Soap: Soap Suds (Coming soon to our site)
Recommended Exfoliate: Tan Rub (Coming soon to our site)

The week prior:

Gently exfoliate your body with Tan Rub or dry skin gloves
Be careful about getting burned in tanning beds or outside
Be cautious about using too much lotion on your body
Use Soap Suds for every shower or a plain castile type soap.

The day of:

Do not moisturize your body or face
Do not apply deodorant/perfumes/colognes
When showering: Do NOT use any bar soaps...especially Dove products or deodorant soaps
We recommend using Soap Suds
If shaving: make sure you wash off shaving product residue with Soap Suds Liquid soap or a plain castile type soap

After your Tanning Appointment:

You cannot shower
Be very careful with water
Do not apply deodorant/perfume/cologne
You can use The Tan Stick as a deodorant (coming soon to our site)
Sleep in loose, oversized clothing until morning: DO NOT sleep nude

The Tanning Process:

Expect to be at your appointment for about 1 hour
The tanning process takes approximately 30 minutes
The drying process takes about 20 minutes
You will feel slightly sticky for about an hour after being tanned

What to wear to your appointment:

Dark, loose fitting clothing- silky robe is the best
Flip Flops
Do not wear any RED: The RED dye in cotton will tend to turn your skin GREEN

Waxing & Tanning Beds:

If you need to wax, do this 7-10 days prior to your spray appointment.

If you are accustomed to waxing, 3 days prior is adequate.

If you choose to use a tanning bed for a base tan, DO NOT BURN!

We cannot fix peeling skin.