

MARTINI SPRAY TAN

Skin Preparation Instructions

* For maximum results, spend the week prior to your competition spray appointment exfoliating and moisturizing your body. The recommended competition exfoliator is Soleil Skincare Scrubs or Liquid Sun Rayz Citrus Scrub. For a moisturizer we recommend Soleil Skincare Shay Butter and Lotions or Liquid Sun Rayz Citrus Body Butter or Daily Moisturizer as your lotion.

The DAY OF your spray tan, DO NOT MOISTURIZE – EXFOLIATE ONLY WITH A BAKING SODA MIXTURE WITH SOLEIL SKINCARE'S PH BALANCING BODY WASH OR LIQUID SUN RAYZ PH BALANCING SOAP or plain white soap and exfoliation mitt.

Below are instructions to properly exfoliate:

** If you choose to use a tanning bed for a base tan DO NOT BURN! We cannot fix peeling skin and you will not have a good look on stage once spray tanned.

- 1) **The week of** your competition tan (Ideally at minimum Sunday, Tues and Thursday) Using exfoliating scrub, gently exfoliate from head to toe, with nylon exfoliating gloves or a nylon mesh cloth and make sure to exfoliate your back. We have also found that dry brushing with a soft nylon body brush before you shower is also a great added step to help exfoliate, remove dead skin cells and increase circulation
- 2) **The day of** make a thick bricky paste of baking soda AND a non-moisturizing liquid gel soap such as Soleil Skincare's PH Balancing Body Wash, Liquid Sun Rayz PH Balancing Body Wash OR Dial Soap, and gently wash entire body. Do Not Use Any Bar Soaps or other commercially made scrubs with heavy oils THE DAY OF! DO NOT USE SHAVING CREAMS/FOAMS THE DAY OF TANNING (if you do use a cream or foam PLEASE exfoliate with the baking soda mixture after you shave)!

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. *Avoid all loofa/loofah gloves, pads and sponges when shower for your post competition tan. PLEASE MAKE SURE you wash again with the non-moisturizing liquid gel soap or plain white soap after exfoliating. This will ensure that there is not an excess of oily residue on your skin should your own choice of body scrub contains too much oil.

2) It is suggested that you have shaved at least 8 hours before your spray tan, preferably the night before, and all waxing completed at least 72 hours prior **IF** you're accustomed to waxing. Otherwise, wax 7-10 days before your spray tan appointment. You cannot shave or shower after your color is applied until after your competition. **IF YOU USE A SHAVING CREAM EXFOLIATE AFTER YOU SHAVE WITH BAKING SODA MIXTURE MENTIONED ABOVE!!!!!!**

3) **DO NOT** put on any make-up, deodorant, perfume/cologne **Before or After** your spray tan application. Ladies will be able to apply make up on show day. These products will raise the skin's ph and turn your armpits and body 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.

4) Come to us with clean, dry skin wearing dark, loose fitting clothing and flip-flops. Do not wear anything **RED**. The **RED** dye in cotton will tend to turn your skin **GREEN!**

5) An oversized shirt and oversized drawstring (non elastic) waistband style sweatpants. **SOFT COTTON OR POLYESTER BLEND are best because they glide over your skin and won't disrupt the development of the bronzer. Avoid stiff fabrics!! Tops that "easily" pull OVER your head are best. Avoid zippers, snaps and buttons! Do Not Wear Jeans, ribbed clothing, tennis shoes or socks!**

6) 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.

7) Men may wear something smaller than their posing suit, if being sprayed nude is uncomfortable. For the best results, it is easier for us to spray without posing trunks, therefore we will provide socks for coverage.

8) A typical 2 application spray tanning session takes about 15-20 minutes for the applications and another 10-20 minutes to complete the drying process. You will feel slightly sticky for about an hour until completely dry.

9) After your color has been applied, please plan to sleep in your loose, over sized clothing until the morning. This will eliminate any inadvertent hand marks on your body during sleep. Please bring an extra pair of sheets for the hotel bedding so you do not stain or get charged for damaged bedding. Also carry this sheet with you for your car and sitting in chairs at the venue.

10) **DO NOT SHOWER** or put on any deodorant, perfume/cologne until AFTER your competition unless you are instructed to do so by our staff. If we have to re-spray you due to showering without instruction from our staff, there will be an extra charge as it will require additional time and product.

Competitors scheduled with MST assume ALL risk to any hotel property, not limited to soiling of linens. (Please be respectful and bring an extra set of sheets and towels)

NOTE

***If, during your spray appointment, it has been determined that you have deviated from the above skin prep recommendations without prior communication with us and you are asked to re-shower, you will be charged an additional \$30.00. There are NO EXCEPTIONS. This disruption causes a break down in the schedule, creates unnecessary added stress and additional product expense.**

****PLEASE ALSO NOTE**

If using another company's tanning product it is important that it be rinsed off the skin before being sprayed by MST. 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. MST and LSR developed these specific skin prep instructions to ensure you receive a flawless tan for your competition. Please feel free to contact us with any questions regarding these instructions.

**Soleil Skincare Products can be purchased at <https://squareup.com/store/martini-spraytan>
Liquid Sun Rayz products can be purchased at www.liquidsunrayz.com**