



Pre-Tan Preparation

Exfoliate daily prior to your show, using pH balance scrubs, such as JanTana Skin Prep or Neutrogena Rain Bath Body Wash.

Moisturize daily using a pH balance moisturizer, such as JanTana Moisturizing Lotion or Aveeno Daily Moisturizing Lotion.

Please make sure to moisturize elbows, wrists, hands, knees, ankles and feet

The day of your tan, shower with pH balance shower gel. DO NOT apply moisturizers, oil make-up, deodorants, or anti-perspirants before your tanning appointment.

Make sure you wear loose fitting dark colored clothing.

You will NOT be able to get wet or sweaty. Please plan your day accordingly.

For best results, once we have tanned you, we HIGHLY suggest NO showers or deodorant until after your competition.

If it is raining, make sure you are prepared with an umbrella.

We will provide you with ONE shower cap. Please bring a hair clip/tie, so that your hair will be off your face and neck.

Hair Removal Information

WAXING: Make sure your appointment is 4-7 days before you tan.

SHAVING: Make sure you shave at least 8-24 Hours before you tan, depending on how sensitive your skin is.

Post-Tan Care

Wash with mild shower gel or body wash, preferably moisturizing. Do NOT use drying bar soaps after your tan.

Use a washcloth and gently get the bronzer off so it doesn't come off on your towel, clothes or bedding.

Pat and don't rub your skin dry and avoid exfoliating skin to let your tan fade naturally.

Apply moisturizer twice a day and exfoliate daily prior to your show!