

# Competition Tanning Prep Instructions

**It is important to properly prepare your skin to be tanned. This will insure an even and streak-free tan.**

- Starting 6 days before your show start exfoliating your skin daily (*ex. if your show is on Saturday, start exfoliating the Sunday before*)
- Moisturize skin thoroughly immediately after exfoliating (It's very important not to skip this step)
- The morning of your tanning **DO NOT MOISTURIZE**



## *What to wear*

**Wear loose fitting clothing and flip-flops to your appointment.**

**You can tan nude or you can wear a bathing suit similar to your contest suit to avoid tan lines**

- ✓ **It is very important for your tan to dry between applications (at least 3 hours) - so schedule your second application accordingly**

**Wear loose silk-like pajamas to sleep in**

**Do not get tanned skin wet**

**Do not use exfoliates or moisturizers that contain perfumes. They may react with the tanning agent**

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*The active ingredient in Jan Tana products is dihydroxyacetone (DHA). DHA is not a dye and washes completely out of clothing. DHA interacts with the amino acids in dead skin cells to produce a brown color change. DHA is approved by the FDA, it is not absorbed through the skin and has no known toxicity*