

TAN MAN'S TANNING PLAN

Bodybuilding/Figure Competition

First of all understand that this plan is designed to be used as a guide only. Different skin types may need different techniques to achieve the best results. I would suggest that skin preparation i.e. waxing, shaving, exfoliating is done correctly as this can enhance the finished result.

Our products are designed to work well together and I cannot guarantee the finish when mixed or using another companies tanning products in conjunction with our range.

Let's get started, your show is on a Saturday, you have pale skin & little or no tan.

Wednesday:

This is your last day of skin prep, shaving or waxing should be completed by the afternoon, any exfoliating and showering is completed by the evening. Do not use any deodorants until after your show.

Thursday:

BASE TAN, In the morning have a quick shower, no soap products, warm water and dry well. Apply a coat of **EQUINOX Tanning Lotion*** or **TAN EASY*** leave on for at least 6 hours. After lunch apply another coat of **EQUINOX Tanning Lotion*** or **TAN EASY***, leave at least 6 hours. In the evening have a quick shower as before, when dry apply another coat of **EQUINOX Tanning Lotion*** or **TAN EASY***, wear old clothes to sleep in. So that gives you 3 coats of base tan. If you think less coats are required start applying on Thursday afternoon.

For people who already have a good base tan, you can skip this section completely.

Friday:

Have a quick shower in the morning as described in the previous section, when completely dry. Now time to apply the **TOP COAT TAN**, **Original Contest Colour*** or **Acetone Free Contest Colour.***

There are many ways to apply these tans, spraying, using a small paint roller, using a piece of cloth etc.

What I suggest is a small make-up sponge (available from a chemist/pharmacy), it will have small holes and is designed to fit into your hand.

Use gloves, be careful of your surrounding area, this can be messy. To help avoid a mess, use **Contest Colour Foaming Mousse.***

Try and apply evenly, but don't worry too much, when you shower the tan will even out.

After completion, wear old loose fitting clothes and allow at least 6 hours. Again shower as before, don't use any soap products at all, just wipe your skin down with your hand to take off any excess tan, pat dry and apply a second coat of **TOP COAT TAN** in the afternoon. Repeat this process in the evening.

So now you have completed 3 coats of **TOP COAT TAN**. For people who already have dark skin you may wish to use only 1-2 coats or skip this section completely.

Saturday:

Competition day, quick shower early in the morning as before, when dry apply a light coat on **TOP COAT TAN**, dry this with a hair dryer or sit in the sun for a few minutes to bake it on.

Before you head to your show apply 1 coat of **FINAL COAT TAN**, **Body Shimmer*** or **Tan Master.*** Wear old loose fitting clothes to your contest. Allow enough time to touch up your tan before going on stage.

You may use a spray **HDFX Body Oil*** oil if required over **Body Shimmer*** or **Tan Master.***

If you have completed your tanning prep correctly you will have a great tan, come show time.

Some Tips:

- Plan well what you are going to do.
- Never skimp on your tanning, an inadequate or poor tan can be extremely important to being seen correctly by the judges.
- A good tan will always enhance your physique.
- Shake all bottles of tan well before each use.
- Always allow at least 6 hours between tanning times, the longer the better.
- Body Shimmer & Tan Master will apply better when at body temperature, so warm up the product before use, sitting it in the sun or holding the container close to your body will help.
- If using any oil before competing, apply lightly. If too much is used, pat excess off with a towel or cloth. Do not rub off.
- When using any products at the show venue, please be mindful of any mess made and clean it up before leaving.

* Recommended Phil Kabakoff's products available via our website: www.pke.com.au

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