

**Thank you for choosing Absolute Touch – ProTan® Canada, for best results... It is your responsibility to Follow These Instructions Before You Come For Your Tan.**

**Please be sure to Exfoliate with Get Buffed® & moisturize your skin. Do this for one to one to two weeks prior to the competition to prepare and condition your skin for the best tanning results. Stop Moisturizing the Thursday prior to your tan & stop using deodorant at least one week prior to your tan. Please NOTE: Do NOT use Body Butter.**

Hair removal, other than on the face, should be done the night before your tanning session using Hair away®. After removing hair apply Moisturizing Lotion to calm the skin and help prevent irritation.

Before you come to be airbrushed, take a shower to exfoliate and neutralize the skin. DO NOT forget to scrub under your neck, underarms and scrub your back! After your shower, **DO NOT apply lotion** and **DO NOT** use deodorant or put anything else on your skin as it may affect your color and it may make it difficult for you to dry.

Wear loose fitting clothing. A Long sleeve button up cotton top is best. Come with your hair pulled back or put up. Come with a clean face, as you do not want any water splashes on your arms when doing this afterwards.

***All times & room location will be sent out on the Wednesday prior to the show.***

Thank you for allowing Absolute Touch to be a part of your important final competition prep.

Pamela Bortmes

## **CHECKLIST**

### **PACK FOR HOTEL**

**---SHEETS, PILLOW CASE, AND TOWELS!!!! (Or Ask Hotel for their seconds on the sheets! If you ruin the good sheets with your tan they will make you pay for them)**

- **Watch what you do in the room...don't touch the walls & use your own towels or again ask for seconds.**
- **- REMEMBER... YOUR COMPETITION LIFE WITH THE CBBF OR YOUR PROVINCE DEPENDS ON YOUR CARE FOR YOUR ROOMS AND THE HOTEL ITS SELF.... FOLLOW MY INSTRUCTIONS COMPLETELY.**

**---Old PJs to sleep in, something that covers your legs & arms completely. Sleeping naked or with a short sleeve pull over IS NOT the best! Cover up!**

**- Keep your room cool...try your hardest to not sweat!**

### **Tanning...**

- Wear flip flops (no running shoes or socks)
- Have hair tied back
- Shower & Exfoliate before your tan (proper skin prep is VERY important for the BEST color)
- Wear loose fitting clothes (NO underwear or bra after your tan)

### **TOUCH UP KITS AND ACCESSORIES**

Be sure to bring your payment for your tan & product (we are selling mini touch up kits and STRONGLY recommend these. They will come with your own personal puff and bikini bite, as well as gloves, mini touch up color, mini glaze, and mini lotion. We will supply you with a personal tanning puff, 2 pairs of sticky feet & 2 shower caps.

--Men, if you wish, you may choose to tan in the nude or bring old posing trunks SMALLER than your current ones. Men's physique can tan in old boxers.

--Please be respectful of everyone's time as we do have a schedule to follow...we may run behind so please bring with you any meals etc. that you may need.

### **SHOW day...**

- DO NOT SHOWER IN THE MORNING;
- DO NOT APPLY DEODERANT OR PERFUME! THESE MAY MAKE YOUR COLOUR TURN GREEN!
- Flip-flops, tank top if you want, no underwear or bra
- Have hair and make up done before going to the venue, unless I have scheduled you in to have it done at the venue
- Your favorite Lipstick
- Wet naps (for cleaning your hands – tan will turn them VERY dark)
- Small towel (for wiping your hands or sweating)
- Bring Styrofoam cups for when you go pee.... put a small hole in the bottom. You DON'T want any pee splashes on your legs

**IF YOU HAVE ANY PROBLEMS WITH YOUR TAN...DO NOT STRESS! WE  
WILL FIX IT FOR YOU!**

**PLEASE BE SURE TO READ ALL THE ABOVE INSTRUCTIONS  
THOROUGHLY!!! THERE ARE A LOT OF DETAILS YOU DO NOT WANT TO  
MISS. WE WOULD LIKE YOU TO HAVE A PLEASANT COMPETITION  
EXPERIENCE.**