

# Dancers Dark

## Competition Spraying Guide

A majority of competitions are held on Saturdays, with this being said, the contestant needs to do a colour trial run 30 days prior to the event to ensure everything is perfect. Do NOT test the week of the event. Remember these dancers/body builders have trained for years to have these bodies, if not a lifetime!

After testing the individual results 30 days prior, we recommend the following competition spray schedule for a Saturday event.

- Wednesday (PM) 1st deep full body spray.
- Thursday (AM) Warm water rinse\*.
- Thursday (PM) 2nd deep full body spray.
- Friday (AM) Warm water rinse\*.
- Friday (PM) 3rd full body spray.
- Saturday (AM) You as the contestant have 2 options;
  - 1) Have a warm water rinse around lunch time or:
  - 2) Do a fourth full body spray and leave the colour on (the option to leave the tan on is preferred by most).

*\*a warm water only rinse between spray sessions is recommended to avoid any unwanted stripping of colour.*

Immediately prior to spray tan: the contestant should apply a pH balancing pre-spray. Pre Spray boosts DHA development within the skin, speeding results and creating deeper, darker and more natural tanning results.

Post spray tan we recommend applying a post-spray in a thin layer. Post Spray immediately enhances the colourisation of the tan while re-hydrating the skin.

### **Mediterranean Tan, Wax & Beauty**

Ph: 1300 TAN WAX

Ph: 1300 826 929

Fax: +61 (3) 5245 8371

[www.mtwb.com.au](http://www.mtwb.com.au)

Email: [info@mtwb.com.au](mailto:info@mtwb.com.au)

International: +61(3) 5244 5655

[www.mtwb.co.uk](http://www.mtwb.co.uk)

