



# Secret to Getting the Best Color



## NEW AND IMPROVED SKIN PREP KITS



It's time to turn your daily shower or bath into a home spa experience! Invest in one of our skin prep bundles or purchase the specific items that work for you. Lock the bathroom door and take 30 minutes out to relax and enjoy some pamper time. It's an essential part of your prep!

Exfoliation is essential. This process is great for dry skin and helping to slough away dead skin cells. Most people find their elbows, knees and ankles to be areas prone to dry patches. Unaddressed, this can lead to tan build up in these areas making the joints look darker and sometimes muddy. Not a good look! Women may find that the area around their chest where their sports bra sits can be rough or damaged and

both men and women may find their weight belts have possibly rubbed the skin and caused barely noticeable callous or damage. Pay attention to these areas. Waist trainers are another culprit of potential skin damage so if you are using one, make sure to rinse it regularly to remove sweat build up and pay attention to this area of the body when cleansing and scrubbing. The removal of dead skin cells doesn't just allow the tanning product to sit well and evenly on your skin, it also clears the way for your moisturizer to penetrate deeply and nourish the skin. We recommend using our LSR Citrus Sugar Scrub on damp skin, using a circular motion and moving toward the heart. Rinse well and move on to cleansing!

We recommend using our yellow Hydro Exfoliating Towel with your chosen body wash product; our PH Balancing Body Wash or Charcoal Activated Soap are both great for cleansing while the cloth continues the exfoliation process. All LSR products are compatible with our tanning solution and will assist in balancing the pH of your skin ensuring there is no bad reaction when the tan is applied. If you wish to continue using your old favorites, then make sure they are oil and fragrance free and switch to our specific products for at least the few days immediately prior to your first tanning appointment.

When you get out of your shower or bath moisturize as soon as possible. This can help to lock in some of the moisture from your wash. Hydrated skin is happy skin! And happy skin will always be a better canvas for your tan.

Our dedicated tan teams are professionals in their field with decades of experience and specialist knowledge in the world of tanning. When it comes to tanning, listen to them. We know tanning and we know skin prep!

**T**he key to a great tan is great skin prep. You've probably heard this a hundred times and you've no doubt seen or perhaps experienced yourself the poor results of poor skin prep: the patchy tan, the uneven color, the green/ashy reaction! No matter how good the tanning solution or how well trained or experienced your spray technician is, poor skin prep simply can't be disguised.

If you're going to spend weeks, months or years working on your body, you want the finishing touches to reflect what you have worked so hard for. A smooth, even spray tan can make all the difference under the scrutiny of the stage lights and now at the last minute is not the time to be skipping this vital part of your preparation.

So, how do you go about providing that perfect canvas for your technician to apply a flawless tan?

Preparation is key!! Your skin is the body's largest organ, and it needs to be looked after just as well as your other vital organs; it needs to be cleaned and nourished.

The sooner you can start your skin care the better. In fact, we recommend using our skin care products year-round so that as competition day approaches you aren't panicking and worrying over patches of dry skin or uneven skin textures. However, it's never too late, and if you are reading this even in the last few days before your show you can still make a positive difference.



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