



*Monica Scardigno*

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BEAUTY



**Athlete Tanning, Hair & Makeup  
Preparation Guide**

## Competition Tanning Guidelines - Pre Tan

### Shaving

Your skin can become very thin leading into you competition. To prevent serious repercussions of this I recommend you shave only. Shave your entire body as you don't want any little blondies shining in those bright lights!

Males shave 48 hours prior to your tan

Females shave 12 - 24 hours prior to your tan

### Exfoliating

Exfoliating help elevate dead skin cells on the surface of the skin. This will provide a much more even tan and will help the tan grab nicely to the skin.

It is recommended to exfoliate once a week leading into tan. It is also recommended to lightly exfoliate every day for 3 days prior to your tan.



# Competition Tanning

## Guidelines - Tanning Days

### Base Coats

Base Coats are done the day before. Depending on your division you may need one more layer two days prior.

Prior to base coats you should shower. Thoroughly wash the skin cleaning off any deodorant, fragrances, face and body creams. Once out the shower do not apply anything. No deodorant, fragrance or face and body creams.

Please wear something very loose and dark to your tan to prevent smudging your tan. Also no sneaker style shoes only thongs to be worn. Also if you want to wear a robe that's great provided it is cotton and not satin. Satin can make you sweat which will result in compromising the quality of the tan.

After your final coat of base coat you cannot shower until your competition is finished. Make sure whoever you live with doesn't decide to clean the toilets after your base coats... Bleach + Tan = very, very bad.. You are also unable to use any creams, fragrances or deodorants until after your comp. Deodorant cant cause your tan to go green. Please also try and regulate your body temperature. Avoid water and heat that will cause you to perspire and negatively impact your tan.



# Competition Tanning Guidelines

## Top Coat

Top coat is applied by hand by my team backstage the day of comp.

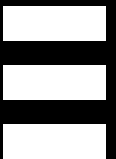
This tan is pretty hearty and wont sweat off. It may move a little however this will not be visible from stage and my team can touch up.

If you have light shades of bikinis or trunks I recommend you bring some glad wrap to wrap around your suits so no tan transfers onto them.

Competitors with hair down please bring hair clips to clip your hair back until you go on stage.

Please bring a towel to lay or sit on so you don't get tan on the floor of the venue.

Once your competition is over you should wipe down your tan with wet wipes and your towel and then shower at your earliest convenience.

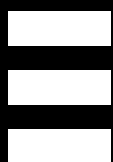


# Competition Tanning Guidelines - Post Tan

## Tan Erasing - \$25

Competition tan is much more potent than normal tan so for days and weeks following you should moisturize your skin to prevent it drying out.

I am offering competitors to purchase a tan eraser to aid the process of removing competition tan and avoid the look of blotchy and scaly skin. This product is full of luscious botanical ingredients, anti-ageing Green Tea Extract, Jojoba and Argan Oil, Aleo Vera and Witch Hazel to leave the skin soft and smooth.



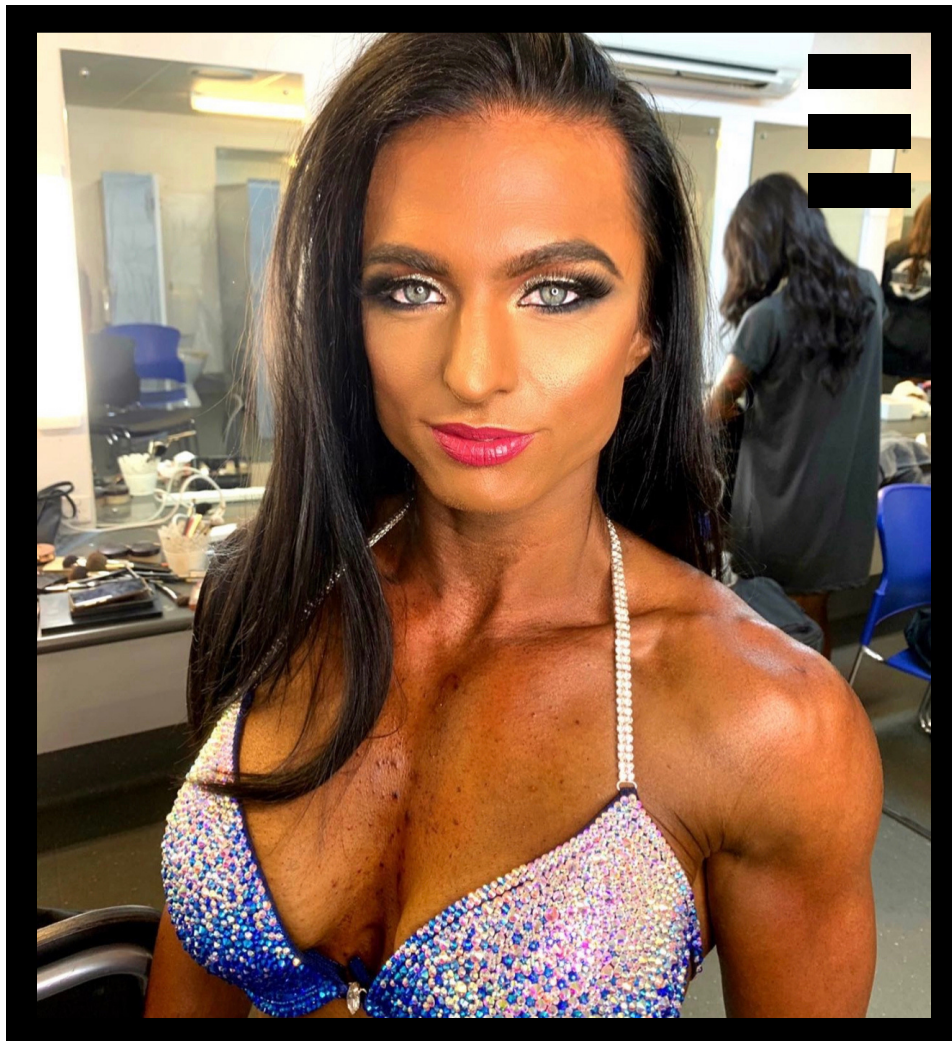
## Hair & Make-Up Prep

### Hair

All hair needs to be washed and blow dried the day before. Some serums are ok, however, please avoid using any other hair products that may compromise the hair style.

### Make-Up

Please cleanse your face before leaving for your makeup. Keep in mind you don't want to get water on any other part of your body, only your face. Please use skincare for hydration reasons only. Make sure no skincare with SPF is used, this can cause a white flash back in photos and stage lighting. Please avoid using oils, it breaks down the makeup and gives the appearance of "melting" or "cracked" makeup. Please come fresh faced, with absolutely no makeup applied.





**FOR ALL ENQUIRIES EMAIL  
MONICA.SCARDIGNO@GMAIL.COM**