

# 4 Simple Steps:

## 1 Pre-Tan Preparation

**Hair Away® Gentle 4 Minute Formula - Get Buffed®**

Before using any self tanning formula it is essential to prepare your skin properly. The first step in this process is hair removal. This can be accomplished by using our **Hair Away® Gentle 4 Minute Hair Removing Formula**. This will gently and quickly remove unwanted hair while also providing the much needed hydration your skin craves.

Now that your skin is clean and hair free it's time to exfoliate and balance your skins pH levels. This is done using our **Get Buffed® Pre-Tan Body Scrub**. **Get Buffed®** uses gentle exfoliators and exotic plant extracts to provide the ultimate pre-tan experience.

Exfoliating and balancing your skins pH levels with **Get Buffed®** is a critical step in order to maximize your tanning experience.

## 2 Getting a Base Tan

**Two Minute Tan® - Sunny Day®**

If you would like to deepen and add to your tan then we highly recommend either our **Two Minute Tan®** or **Sunny Day®** self tanning lotions. These moisture rich lotions help to slowly tan your skin while also providing you with top quality moisturizers to leave your skin feeling silky smooth. (These are also excellent after competition to allow your sunless tan to fade evenly).

## 3 Competition Color

**Pro Tan® Overnight Competition Color - Bikini Bronze®  
Physique Bronze® - Bodybuilder Bronze®**

When it's time for your photo shoot or your event we all know you need to take your color to the next level. In the previous steps you have learned how to properly prepare your skin and how to develop a solid base tan. Now is when the rubber meets the road and your color goes into the realm of champions. **Pro Tan® Overnight Competition Color** has been used by top athletes for over 27 years. This is the ultimate self-tanning formula that allows you to achieve a deep, dark, long lasting tan after just one easy application. Best of all, your tan won't run or streak and fades just like a real tan after 5-7 days.

**Bikini Bronze® Ultra Dark Bronzing Mousse** provides a dark, mahogany color perfect for all competitions! Easy to use, dries quickly, fades evenly. **Bikini Bronze®** is ideal for body builders, fitness models, actors, actresses and anyone who wants to have a beautifully dark instant tan. Best of all it washes off after use revealing a natural, golden sunless tan ideal for photos.

**Physique Bronze® Ultra Dark Bronzing Mousse** provides a dark, mahogany color perfect for all competitions! Easy to use, dries quickly, fades evenly. **Physique Bronze®** is ideal for body builders, physique competitors, models, actors and anyone who wants to have a deep, dark instant tan. Best of all it washes off after use revealing a natural, golden sunless tan ideal for photos.

For the ultimate deep, dark tan instantly, **Body Builder Bronze®** non-streaking, ultra bronzing solution provides the perfect instant competition color. **Body Builder Bronze®** gives you a natural looking black walnut color in seconds that washes off with soap and water immediately after use. THE PERFECT COLOR: **Body Builder Bronze®** guarantees you the ultimate contest color and can also be used for modeling, photography, and filming.

## 4 Contest Finishers

**Quick Bronze® - Muscle Juice® - Muscle Sheen®  
Hot Stuff® - Bikini Bite® - Show Shine® - Lock Down®**

To really put your physique on display then you need to highlight it properly. We offer several products that provide you with the perfect sheen for the stage as well as products to highlight your vascularity and to keep your outfits where they need to be. If you are looking for that perfect stage sheen then we recommend either **Muscle Sheen®** or **Muscle Juice®** posing oils.

If you want to take your color even further then we recommend our **Quick Bronze®**. This product has all the great sheen you are looking for with added bronzers for more stage color.

If you want to add to your vascularity we highly recommend **Hot Stuff® Vasodilator**. This product will take your shredded physique and launch it into the stratosphere.

For those athletes who worry about keeping their posing trunks or costumes in place we offer our **Bikini Bite® Suit Fastener**. This gentle roll on formula helps keep garments gently adhered for hours and washes off with soap and water.

**Show Shine®** is our ultra light, dry oil formula that is designed to give you the perfect contest sheen while conditioning your skin leaving it looking its very best. Formulated exclusively for hot lights, **Show Shine®** highlights your true muscle definition, eliminating blind spots created by the lights, allowing the judges to appreciate all that you've worked for. **Show Shine®** is perfect for Bodybuilding, Physique, Fitness and Bikini competitors alike, and can also be used daily after the shower or bath to keep your skin healthy and vibrant. If you're looking to lock in the color of your instant tan, than look no further.

**Lock Down®** is the first and only instant sunless/cosmetic bronzing sealing spray designed to keep your color from running or streaking before stepping on stage. Applied directly after your last spray tan, **Lock Down®** seals and protects your instant tan from running or streaking from perspiration or water.