

Instructions for Tanning, Hair and Makeup Services



***Hair, makeup, and tanning appointment times will be confirmed the week of the show via email. Please add hello@UFEbeauty.com to your contact list to ensure the email goes to your inbox.**

***The UFE Beauty room number will be posted on a piece of paper outside the UFE athlete registration room at the host hotel on Friday night. We will also email it all of those who have booked services the week before the show.**

***Please come with your payment in cash on Friday when you come for your tan. Services WILL NOT be provided unless payment is made. No exceptions.**

We aim to make this an enjoyable experience for the competitors. We understand there's lots to do and to remember, and with nerves and various dietary and water restrictions it's easy to forget, but we would kindly ask that you refer to the below instructions when you have a question.

HAIR & MAKEUP INSTRUCTIONS

- Please make sure you WASH YOUR HAIR ON FRIDAY before your tan (NOT Thursday night). Hair with significant amounts of oils cannot be styled properly.
- Eyelash strips are provided with your makeup service.
- If you have a specific hair or makeup look you would like, please bring a picture.
- If you are having your makeup applied by someone outside of UFE Beauty, please ask them if they want your face tanned.
- If you have hair extensions, we would be happy to insert them for you. Hair extensions should be clean, brushed out, and ready for application. We will install one set (max 7 pieces). If you have more than 7 pieces, please email us in advance so that we can extend your appointment time.
- Please arrive 5 minutes prior to your scheduled appointment time. If your appointment is 7:00 am or later, please come half an hour earlier so that we can do your respray/touch-ups before your hair and makeup.
- Hair and makeup times are SPECIFIC and ARE NOT FLEXIBLE. Your appointment time will be emailed to you the week of the show, and will be confirmed on Friday night when you come for your tan (or if not getting tanned, please stop by our room prior to the athlete registration to confirm your time). Late arrivals will cause everyone to be late. If you are late we will take the next available person and you will have to wait until a chair is free.

TANNING INSTRUCTIONS

Skin Preparation:

- Exfoliate and moisturize your skin daily for 2 weeks leading up to the show. This will prepare and condition your skin for the best tanning results.
- Shower on the Friday morning before your tan. You may use soap. DO NOT exfoliate. DO NOT put body lotion, bath oils, or deodorant on your skin. Facial moisturizer is OK.
- Do not wear any deodorant the Friday when you come for your tan. Some products contain ingredients that will either prohibit the solution from absorbing into the skin and/or will cause the solution to turn gray/green.

- SHAVING can be done up until Friday morning. Shaving arms for females is not necessary. It's difficult for the audience/judges to see arm hair with the tan, oiling, and lights.
- WAXING or CHEMICAL HAIR REMOVAL (i.e. Nair) should be done 1 week prior to the show. This will allow any irritation to disappear. Also, both treatments completely remove the dead skin cells on your skin and the tanning product needs some dead skin cells to develop. If the waxing is too fresh, we may have issues with the tan. Ideally, if you've never waxed before don't try it for the first time for your first show - shaving is sufficient.

Other Notes:

- Wear LOOSE-FITTING clothing to your appointment. Do not wear leggings, jeans, underwear, or bras after your tan is applied. A robe or a loose button-up top with loose pants are the best options. For shoes, flip flops without socks are highly recommended.
- If there is a risk of rain on the Friday, please bring an umbrella with you to your tanning session so that you can protect your tan afterwards.
- Base tans are applied on Friday afternoon. Resprays and touch-ups will be provided on Saturday morning up until 1.5 hrs before the show. Both sessions are at the host hotel in the same room. We will advise you of what the Saturday morning spray tanning schedule is on Friday evening.
- The times provided for tanning are guidelines to avoid undue stress on the competitor. Please do your best to come within the blocks of times provided to avoid everyone coming all at the same time. If you are running late, please do NOT email, text or FB message us. We will not be available to respond to you. Just please arrive at the tanning room when you get to the location.
- For those having hair and makeup outside of UFE Beauty, it is your responsibility, the athlete, to work around the tanning schedule on Saturday morning as we will NOT BE SPRAYING BACKSTAGE. Minor tan touch-ups, oiling, Dream Tan and bikini biting will be provided backstage prior to your stage calls for both the morning and evening shows.
- Spray tanning is a product applied to the skin. It can get a bit blotchy and marks can appear over night. WE WILL FIX ALL OF THESE MARKS! There is nothing we can not fix regardless of how bad they may seem to you. Please DO NOT send us naked pictures of yourself or message us with panic notes on Friday evening or Saturday morning. Please DO NOT try to fix them yourself. We are prepared for anything and everything and will ensure you are stage ready. As your coach says: trust the process. This is also true with the tanning process.
- Heat and sweat will absolutely affect your tan. During the break between the morning and evening show, please refrain from sitting outside and instead find a cool place to sit and rest.
- Please be aware when opening food container lids. Condensation from the container lids may drip on your body and cause your tan to blotch, so remove lids gently and away from your body.
- Many competitors ask about UV tanning. It is NOT necessary. It will provide a nice base for the stage tanning product to sit on, however not everyone can or wants to UV tan. If you do wish to UV tan prior to a show, we recommend starting about 4 weeks out from the show and doing 2-3 times a week on a lower bed. Don't rush to get a tan - doing too strong a bed for too long a time can result in either a burn or very dry skin which will peel and flake, causing your stage tan to look uneven. Peeling/flaking skin is almost impossible to hide. Use a good quality tanning lotion (they help you tan better but also contain many ingredients that hydrate the skin during UV exposure). To avoid tan lines under the bum ("smiley faces"), stand in a slight squatting position when using a stand-up booth or if using a lie-down bed, ensure to raise your knees so your bum isn't laying flat on the bed. Stop tanning the week of the show. Do not UV tan the week of the show.