



EVERYTHING YOU NEED TO KNOW ABOUT COMPETITION TANNING

After many weeks of dieting and months of training you do not want to neglect your tan or try to save money. Not having the perfect tan on competition day could influence your placing or result.

We receive so many questions before competition days and want to assist by giving you all the information and advice you might need to look your best and avoid stressing about your tan on the day.

First time competitors might find all the information overwhelming, but do not hesitate to contact us if you are unsure. We will help you any time.

All the events will follow the same procedure where Jan Tana Africa is an onsite service provider, which means when you tan with us once, you will know exactly what to expect the next time you book with Jan Tana.

1. Why do you need competition tan?

At competitions white bright lights are used for the judges to assess athletes muscle development and definition. This is the reason why Jan Tana Competition Tan was developed to give you the beautiful healthy brown look on stage. In normal sunlight this tan will look completely different and too dark, but on stage the perfect colour will compliment your physique and bring out muscular development and definition.

It is suggested to use the Jan Tana Competition Glaze just before going onto stage. This will give your tan a smooth and healthy look. Be careful not to overdo glaze as it might cause a glare with the bright lights and make it difficult for judges to see definition of muscle.

2. Book your tan online.

For your convenience, all competition tan can be booked online at www.ifbbsa.co.za or www.jantanaafrica.com

Payment is per EFT or the Pay fast option online before checking out. Always remember to bring your proof of payment with you on competition day and mail EFT payments to michelle@gentlegiantpromotions.com.

3. Booking confirmation and payment confirmation emails.

You will receive a confirmation email to confirm we received your booking as well as payment confirmation if you did a payment through the pay fast platform. Please keep the two confirmations readily available on competition day. We prefer not to work with cash on the day and request all athletes to pay latest one day before the show.

4. WhatsApp communication.

Your name will be added to a WhatsApp group for the specific competition you booked online. On this group we will communicate with you **1 week prior to** the competition date. We will share how to prepare your skin for the best color on competition day as well as a schedule with times and payments received.

5. Night before base coat tan. (Hi Def Color)

Some of the events will have weigh in and registration on the Friday night and smaller events, the morning of competition. All base coat tanning will happen at the same venue the night before, and in most cases between 18h00 and 20h00. Please do your weigh in and register before going for your base coat tan so you can confirm your weight and height category. It is especially important for you to confirm this information with us to be sure we have you in the correct time slot for tan on competition day. You may arrive any time between 18h00 and 20h00 for your base coat tan. The base coat tan, the night before, will work on a first come first serve basis.

Allow about 15 minutes for application and to dry when you come for base coat.

We will provide disposable underwear and hair nets if required.

Bring warm but loose or oversized clothing with and open shoes.

The tan will develop overnight and appear darker the next morning.

Do not shower the next morning. If you shower and we must re spray you, a full fee will be charged again.

6. Stage color on competition day (Ultra 1 Color)

Most events are live judging which means you will spend an average of not more than 3 hours at the venue on competition day.

Your stage color must be done 2 to 3 hours before your scheduled stage session. This schedule will be sent on the WhatsApp communication group 1 week prior to the event. It will clearly indicate what time you must arrive for your tan as well as what time you are going to be on stage.

In the case of the organizer changing programs or combining line ups, it will be communicated on the WhatsApp communication group after weighing in and registration.

7. What to expect from Jan Tana on the day?

- a) Arrive as per your session on the schedule, minimum 2 to 3 hours before your stage time.
- b) It is recommended not to wear any clothing over your stage colour or bring loose and oversized clothing.
- c) It is important to avoid sweating as far as possible.
- d) Jan Tana will do your touch up and glaze just before going onto stage.

8. What to do if I turn green?

A few things could cause you to go green in some areas on your body after being tanned. It can be something in your diet, soap, supplements, or excessive sweating. Do not stress too much if you experience this green colour as Jan Tana developed a product called Green Away which remove this green immediately. We will quickly rectify this before you go on stage.

9. What to do if I messed water on my tan?

No fear when Jan Tana is near 😊. We can fix just about everything when we do your touch up before going on stage.

10. How do I prepare my skin for the best competition colour?

The preparation of your skin is especially important for that winning tan look on stage. You will receive how to prepare your skin on the JT WhatsApp group 1 week before your competition date.

- a) Always wax or shave a few days before your competition date. Do not try to wax the week before your competition if you have never waxed before. It might cause a reaction to your skin which will not appear nice on stage.
- b) Only wash with unscented Dove Soap, every day for 5 to 7 days before competition date. Using the wrong soap could cause your skin to turn green because of the Ph balance of your skin.
- c) Scrub your body every day for 5 to 7 days before your competition date.
- d) Do not use any moisturizer, perfume, or deodorant on the day of doing your base coat or stage tan.

Moisturizer can cause your tan to run when sweating on stage as it does not absorb into your skin. Perfume and deodorant can cause your skin to look patchy and can cause green colouration.

11. What to wear?

It is advised to wear loose fitting or oversized clothing after doing your tan and bring open shoes. Tight clothes can leave unnecessary lines and it can cause you to sweat.

12. Jan Tana Loyalty Card

When booking online for your competition tan you may opt for a loyalty card at no extra cost. These cards will be available for collection at the first competition you do after opted for a loyalty card. Jan Tana Africa will keep record every time you book a tan online and your 6th tan you will receive 50% off.

Jan Tana Africa take our tanning service and product serious and commit to not only provide the best international tanning product but also give you the best service possible with experienced onsite tan operators.

WE WILL STAY TILL THE LAST JAN TANA AFRICA ATHLETE HAS BEEN ON STAGE.