

## Competition Tanning

Yes it is a must, ever seen a competition where someone has a great physique but their colour isn't dark enough and that has let them down? I've seen it happen time and time again. My first competition was a very steep learning curve. I don't want anyone to not have the knowledge and I freely share everything I know.

So what do you do to get it right?

My two favourite brands of competition tanning lotion are;

Competition Colour; and  
Jan Tana

You need a small paint roller and container and you roll it on your body, head to toe.

No I'm not kidding; a paint roller is the BEST way to get even coverage and the fastest way to apply.

To colour the face you can use the small sponge the tanning colour comes with, or a make-up sponge will do the trick (not one you wish to keep)

You need at least 4 coats, applied like this;

1 coat blow dry or let dry then another coat, don't wash off, leave it overnight then shower dry off and 2 more coats.

If you don't look ridiculous to yourself then you are not dark enough!!!

And if you lose the competition because you didn't get your tan right after all that training and dieting..... what can I say? NO EXCUSES!!!

*TRAIN WITH DESIRE, DESIRE TO BE BETTER TOMORROW THAN YOU ARE TODAY.*



Connie