

Instructions for Tanning, Hair and Makeup Services 2025



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

***Please come with your payment in cash 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 THE FRIDAY MORNING BEFORE YOUR TAN, so that when you arrive to your appointment on Saturday morning, it is clean and ready to be styled. Hair with significant amounts of oils cannot be styled properly. Hair should be dry and completely free of any product.
- 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, and let the spray technician know when you get your tan.
- If you have clip-in hair extensions, we can insert them for you. Hair extensions must 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.
 - Note: If your hair extensions are not clean and brushed out, the hair stylist will not be able to work with them properly.
 - Hair extensions must be "clip-in" style (no halo extensions, etc.)
 - Highly recommend that your hair extensions are made from natural hair (not synthetic)
- Please arrive 5 minutes prior to your scheduled appointment time. If your appointment is after the tanning respray timeslot, then please come half an hour earlier so that we can do your tanning respray 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 the day before 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

- Base tans are applied on the Friday before the show typically between 11am and 4pm (prior to the athlete meeting). Your tan will develop and darken overnight. A respray will be provided on show day morning. All competitors are provided with disposable "sticky feet" and a hair net.
- Please be aware that the tanning process requires nudity. Because of how tiny the competition bikinis are, females are not advised to wear anything to cover themselves as those untanned body parts will likely show on stage while you are moving in your different poses. Males however are provided with a sock to cover themselves. We ensure to separate males and females during the tanning process and to respect everyone's privacy. All tanning technicians are female.

- The exception is Transformation competitors- if you are wearing clothing on stage (no bikini), then feel free to wear your underwear during the tan if you are more comfortable.
- Tanning touch-ups, oil application, and bikini bite are done backstage for the first two hours of the show. The oil will help to accentuate your muscles on stage. Please take care of your tan but if anything does get messed up, we will fix this before you go on stage.

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 Friday morning before you come for your tanning appointment and wash your hair. You may use soap but DO NOT exfoliate on tanning day. **DO NOT put anything on your skin (no body lotion, bath oils, deodorant, etc).** Facial moisturizer is OK.
- **DO NOT WEAR ANY DEODORANT THE DAY YOU COME FOR YOUR TAN.** Some products contain ingredients that will either prohibit the solution from absorbing into the skin (leaving your armpits white), and/or will cause the solution to turn gray/green. When the tan turns green it is very difficult for us to fix.
- SHAVING can be done up until the morning before your tan. Males should have all hair removed. Females: you want to shave any coarse or dark hairs (typically legs, bikini area, and armpits). For females, it is not necessary to shave off any fine hairs (for e.g. on your arms, stomach, etc.) because these fine hairs won't be visible with the oiling and stage 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 Important Notes:

- Wear LOOSE-FITTING clothing to your appointment. Do not wear leggings, jeans, underwear, bras, or socks after your tan is applied. Also no sweatpants that have a tight band around your stomach. A robe or a loose button-up top with loose pants are the best options. For shoes, flip flops without socks are highly recommended. Also do not wear cross body bags or backpacks as the straps can leave a mark across your chest or back.
- If its raining, please bring an umbrella with you to your tanning session so that you can protect your tan afterwards. The rain drops falling on your skin will leave a mark on the fresh tan.
- 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 re-spray tanning schedule on show day as we will NOT BE SPRAYING BACKSTAGE.
- Spray tanning is a product applied to the skin. It can get a bit blotchy and marks can appear over night, especially for those who sweat while sleeping. WE WILL FIX ALL OF THESE MARKS when you return the next morning! Please DO NOT send us naked pictures of yourself or message us with panic notes. Please DO NOT try to fix them yourself. We 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. 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. The same logic applies when brushing your teeth, using the washroom, etc. (be careful of any water drops).

- 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.

DISCLAIMER

Any kind of disrespectful or offensive language to UFE Beauty staff will not be tolerated. If encountered, you will be given a refund and refused service. Please keep in mind the following:

- UFE Beauty tanning technicians have been spray tanning for many many years. They are aware of UFE's standards in terms of how dark competitors need to be on stage and how to get the right shade (note: going as DARK AS POSSIBLE is not recommended and will actually make it harder for judges to see your definition on stage). Also, UFE has different standards than other organizations you may have competed with in the past in terms of the "look" the judges want to see on stage.
- The tanning product we use may be different than tanning products you had applied in the past. A base coat is applied on Friday, which develops overnight, and then a re-spray is done Saturday morning. The shade you have after your first base tan on Friday is not the shade you will have on stage. It WILL get darker overnight. Just like your coaches say: trust the process.

Lastly, the Friday tanning timeslots are typically from 11am to 4pm. There will be a HARD STOP AT 4PM. **Anybody requesting another respray later in the evening will be refused.** We cannot stress this enough - THE TANS DEVELOP OVERNIGHT, and there is a second coat applied in the morning. Everyone is stressed leading up to the show, but please trust the process. Our staff work hard all day on Friday and they need a chance to have dinner and get to sleep early so that they can be ready for an early morning wakeup. Please do not hunt down our staff in the hotel for another spray in the evenings. Thank you so much for your understanding!