



Instructions for Tanning, Hair and Makeup Services 2026

IMPORTANT GENERAL INFO:

*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.

***Payment for tanning services must be made in CASH at your appointment. Services WILL NOT be provided unless payment is made. No exceptions..**

We aim to make this an enjoyable and stress-free experience for all competitors. We understand that show weekend can feel overwhelming—especially for first-time competitors—with nerves, tight schedules, and dietary or water restrictions. Please refer to the instructions below if you have any questions. These guidelines will help ensure your hair, makeup, and tan turn out perfectly for stage.

HAIR & MAKEUP INSTRUCTIONS

- **Wash your hair on Friday morning before your tan.** When you arrive for your appointment on Saturday morning, your hair must be clean, completely dry, and free of all product. Hair with oils or buildup cannot be styled properly.
- If you have a specific hair or makeup look in mind, please come ready with a reference photo (do not search through Google for examples once you're in the chair as this wastes time- have it ready).
- 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.
- Clip-in hair extensions can be installed by our stylists. Extensions must be clean, brushed out, and ready for application. We will install one set only (maximum of 7 pieces). If you have more than 7 pieces, email us in advance so we can extend your appointment time.
 - If your extensions are not clean and brushed, the stylist will not be able to work with them properly.
 - Extensions must be clip-in style only (no halo extensions or other types).
 - Natural hair extensions (not synthetic) are highly recommended.
- Please arrive 5 minutes before your scheduled appointment time. If your appointment occurs after the tanning respray time slot, please arrive 30 minutes earlier so your respray can be completed before hair and makeup.
- Hair and makeup appointment times on Saturday are SPECIFIC AND NOT FLEXIBLE. Your exact time will be emailed 3–4 days before the show. Late arrivals affect everyone. If you arrive late, we will take the next available client and you will need to wait until a chair becomes available.

TANNING INSTRUCTIONS

Tanning Schedule & Process:

- Base tans are applied on Friday before the show, typically between 11:00 AM and 4:00 PM, prior to the athlete meeting. Your tan will develop and darken overnight.
- A respray will be done show-day morning.
- Disposable sticky feet and a hair net are provided to all competitors.

- Please be aware that the tanning process requires nudity. Because of how tiny the competition bikinis are, female competitors are not advised to wear anything during tanning, as untanned areas may show on stage while posing. Males are provided with a sock to cover themselves. We separate males and females during the tanning process and respect everyone's privacy. All tanning technicians are female.
- Exceptions:
 - Transformation competitors wearing clothing on stage may wear underwear if preferred.
 - Men's Physique competitors may wear underwear during tanning, as they wear boardshorts on stage.

Backstage Services:

- 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 daily for 2 weeks prior to the show to condition your skin and ensure 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, 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 remove all body hair. Females should remove coarse or dark hair (legs, bikini area, armpits). Fine body hair (arms, stomach, etc.) does not need to be shaved, as it will not be visible under oil and stage lighting.
- If WAXING or doing CHEMICAL HAIR REMOVAL (i.e. Nair), this 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, which are actually necessary for proper tan development. If the waxing/Nair is too fresh, tanning issues may occur. If you have never waxed before, do not attempt it for your first show—shaving is sufficient.

Other Important Notes:

- Wear LOOSE-FITTING clothing to your appointment. Do not wear leggings, jeans, underwear, bras, socks, or sweatpants with a tight band around your stomach. A robe or a loose button-up top with loose pants are the best options. For shoes, wear flip flops without socks. Also do not wear cross body bags or backpacks as the straps can leave a mark.
- If it is raining, bring an umbrella. Raindrops can leave marks on a fresh tan.
- Tanning time blocks are provided to reduce stress and overcrowding. Please do your best to arrive within your assigned block. If you are running late, do NOT email, text, or message us—we will not be available to respond. Simply arrive at the tanning room when you reach the location.
- If you are having hair and makeup done outside of UFE Beauty, it is your responsibility to schedule around the tanning respray time. We will NOT be spraying backstage.
- Spray tanning is a product applied to the skin. It can get a blotchy and marks can appear over night, especially if you sweat while sleeping. WE WILL FIX ALL ISSUES 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. Trust the process—this applies to tanning just as it does to coaching.

- Heat and sweat will affect your tan. Stay cool and avoid sitting outdoors.
- 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 disrespectful or offensive language toward UFE Beauty staff will not be tolerated. If this occurs, you will be refused service and issued a refund. Please understand the following:

- Our tanning technicians have many years of experience and fully understand UFE's standards for stage color. Darker is **not always better**— if you are too dark, it's actually harder to see definition on stage.
- UFE standards may differ from other organizations you have competed in previously.
- 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 colour you see on Friday after your first base tan is not the colour 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!