

There are a number of important people you will choose to have in your life leading up to show day and selecting who they should be is a very important part of your journey to the stage.

On a non professional basis, once you've made the decision to compete now is the time to surround yourself with those who believe in you and support your journey. Your prep can be mentally and physically tough, and the last thing you need is to be surrounded by negativity.

On a professional basis, you've got decisions to make! Do you want to go it alone, or do you want and need the support of a personal trainer, a nutritionist, a coach, a posing coach? Many of the top athletes put their own training plans, food plans and posing preparation in the hands of other experts. Even those who coach and prep athletes hand their own prep over to other professionals in the field. Working with qualified and experienced coaches can reduce the stress leading up to a show, and offer a rational and informed lead during your prep. Putting your trust in others can feel daunting when something is so important to you, so it's important to do your research: check their credentials, investigate how they work and see if this is compatible with your own style, and speak to other athletes who use their services.

As your show approaches, you've got other decisions to make: who's going to come with you as support? Who's going to design and make your posing suit/trunks ? Who's going to do your tanning?

At most shows you will find an official tanning company affiliated with the event. At some shows there may be two different companies working alongside each other, and in many cases you are also likely to find other non official tanning teams, "tanning in the side". Of course you always have the option to self apply. So, how do you make your decision?

Some athletes always make the decision to go with the official tanning company, as this guarantees that they will be backstage on show day and can assist with suit glue, glazing, and with any tan emergencies that may occur. When the Liquid Sun Rayz team is backstage, we offer this service to every single competitor whether they have tanned with us or not, however not all companies do. So if you choose one of the companies tanning on the side make sure that they send you backstage with your own glaze and that they have products available for you to rectify any last minute tan emergencies that may occur. LSR Bronzer Mousse or Secret Weapon are just perfect for these situations and our "tanning on the side" teams will always provide you with your own personal glaze supply.

However, there are other factors to take into account when choosing your tanning company, not just the convenience of them being the official tanner. Not all tans are the same and watching any bodybuilding show you can see this is not the case when you focus on the athletes color on stage.

LSR is a strong deep bronze with no orange or yellow undertones. We believe this to be the best color for the majority of skin tones, however it is worth making this decision for yourself.

Take time to look at stage photos of some of your favorite athletes and compare your own natural skin tone to theirs before exploring what products they use to achieve their color.

However, it's not just convenience and it's not just color! Consider ingredients, and if your skin reacts to any ingredients, as allergic reactions are never a good look on stage and will certainly add to any pre stage nerves or worries. LSR is made with ingredients that are healthy and kind to the skin. Unlike many other products on the market, our product does not contain isopropyl alcohol or acetone. Acetone is the main ingredient found in nail polish remover and it can be very drying and stringent on the skin. It can also sting or irritate when applied to any broken or damaged skin, be aware of this if you suffer with eczema or psoriasis for example. It is also not healthy to breathe when atomized into the air, which is definitely the case when you are receiving a spray tan

A small number of people are allergic to DHA,, the active ingredient in all self tanning products. Although rare, it can affect a small percentage of people. With prior knowledge we can provide a DHA free stage tan which greatly reduces, if not eliminates the risk of a skin reaction on show day.

Whoever you choose as your tanning provider once you have booked with them it's time to listen to their expertise with regards to your skin prep and pre tan and post tan care. Our team at [Liquid Sun Rayz](https://liquidsunrayz.com) are experts in their field with decades of tanning experience to rely upon. Take your advice directly from your tanning provider, they know their product, they know how to achieve the best results. In the same way that you trust your personal trainer in the gym and your nutritionist in the kitchen, trust your tanning technician in the tent!

To book tanning services or to purchase products please visit our website <https://liquidsunrayz.com>