

# Hair and Makeup Guide

**Makeup Kit** - *Dancers should arrive in makeup. Kit should be brought for touch-up purposes.* The goal of stage make-up should be to reduce shine on your dancers' skin and to define their facial features. Make sure to blend makeup!

- ☐ Primer/Setting Spray (Optional)
- ☐ Translucent Face Powder
  - ☐ Should be used all over face to help set stage makeup
- ☐ Base to Match Complexion (Ages 9+)
  - ☐ Should be oil-free to help reduce reflection from stage lights.
  - ☐ Older dancers may also use concealer to color correct if they choose.
- ☐ Brown or Black Eyeliner (Ages 9+)
  - ☐ While optional for dancers under 9, eyeliner can help define features from stage.
- ☐ Dark Neutral Eyeshadow
  - ☐ Used on eyelids and in eyelid crease to help define features from stage.
- ☐ Off-white eyeshadow
  - ☐ Used under browbone and in the corners of the eyes to help define features from stage.
- ☐ Eyebrow brush/gel
  - ☐ Clear gel will help set eyebrows and define them under stage lights.
- ☐ Mascara
  - ☐ Apply to Top & Bottom lashes
- ☐ Pink Blush
  - ☐ Used on cheekbones & to help give color to face/reduce washout under stage lights.
- ☐ Rose or Red Lipliner
  - ☐ Helps keep lip color in place.
- ☐ SMUDGE PROOF Red or Dark Pink lipstick
  - ☐ Neutral tone lip colors do not show up on stage.
  - ☐ Smudge-proof/long-wear preferred as dancers will have time to eat and drink and we STRONGLY prefer no reapplication.
  - ☐ Gloss or cream lipstick may not last through rehearsal to stage.
  - ☐ **RECITAL 2:** All lip color should be stored separately and dancers should be told they are NOT ALLOWED to reapply unless an adult assists them.
- ☐ **No jewelry, other than medical bracelets, small stud earrings or religious jewelry that cannot be removed, will be permitted unless it is part of their costume.**
  - ☐ Please, please make sure your dancer leaves it at home as we can not guarantee the safety of any items that will need to be removed prior to performances.

**Hair Kit** - Dancers should arrive with **hair gelled** back in appropriate style. We will not be able to apply hairspray that your dancer does not pack due to potential allergy risks.

- Extra Bobby Pins/Hair Pins that camouflage with your dancers hair (no colorful clips/pins/or accessories please!)
- Brush/Comb - **comb is REQUIRED for dancers with a hair part change.**
- 1 Hair Net (thicker hair may require more than one) for dancers whose hair is required to be in a bun.
- Hair Gel/Hairspray

**Hair Guide** - All hair needs to be in the style **noted by your dancers instructor.**

If your dancer has braids in, please talk to their teacher directly for an alternate hairstyle that would work for your dancer. Dancers do not need to remove box braids/knotless braids/misc. like hairstyles to perform.

*Here are some helpful tutorials on dance styles with braids in:*

▶ [DWC How To's: Ballet Bun with Braids! | Featuring Former DWC Ambassador Niyah Pratt](#)

▶ [HOW TO STYLE KNOTLESS BRAIDS| Elegant Hairstyle for Knotless or Box braids BEGINNE...](#)

***Please follow the tutorial that applies to you below.  
All flyaways must be pulled back and secured out of  
the way.***

## LOW BUN - LOW PONYTAIL - LOW BRAID with MIDDLE PART (High Bun with Middle Part explained at bottom)

Making a bun: "HOW TO - perfect a low ballet bun | DAY 7 | Talia" by Talia Fidra:

▶ HOW TO - perfect a low ballet bun | DAY 7 | Talia

We highly recommend NOT using bun builders BUT if you choose to use one, please make sure it is the appropriate size for your child and their amount of hair. Here is a tutorial on how to use one: "Perfect Ballet Bun Tutorial (with bun donut)" by GoldenBallet

▶ Perfect Ballet Bun Tutorial (with bun donut)

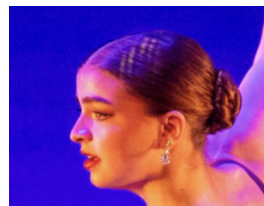
### **Middle Part Low Chignon/Ponytail Guide:**

1. Brush out your dancer's hair.
2. Using a fine tooth comb, part the hair as far back as possible. Use hair gel to keep the part in place.
3. Gather hair into a ponytail very close to the nape of the neck using your hand. Before you put a rubberband in, be sure to smooth out any bumps with a comb or brush.
4. Grab a ponytail holder that matches your dancer's hair color and create a ponytail. If your ponytail is too low you may run into trouble twisting it into a bun.
5. Use your preferred hair spray/gel/mousse/etc. to thoroughly cover the head. Hair should be taut, firmly slicked back and wisp free at this point. *\*If you are wearing a ponytail instead of a bun, please skip to step 9.*
6. From here you can either twist the entire ponytail or twist two sections of ponytail up into a bun. Hold onto the bottom, twist, lift the tail up and spiral around the ponytail holder. If you are doing two sections for shorter/layered/etc hair, simply split the ponytail down the middle, twist one section and spiral that above the ponytail holder, then twist the other and spin it below the ponytail holder.
7. Secure with bobby/hair pins by grasping a small amount of hair from the top with the bobby pin, and pulling the hair under the bun by sliding the bobby pin underneath the bun.
8. Wrap a hair net that matches the color of your dancer's hair around the bun 1-3 times. Wrap excess hair net around base of the bun. Thicker hair may require two hair nets to secure hair.
9. Finish with more spray/gel and pins to secure hair net and hairstyle. You may find a bobby pin at the temple and/or behind the ear helps keep your students hair from sliding out of place. You can also secure any flyaways with bobby pins or a strong hair gel.

**High Bun, Middle Part:** Follow beginning of this tutorial but stop parting hair approx. an inch back from hairline. Gather and slick back hair on both sides of part into a HIGH BALLET BUN (see tutorial below.)

If you have any further questions or would like more help, follow this link to Gaynor Minden and scroll to Chignon:

<https://dancer.com/ballet-info/in-the-studio/hairstyle-how-to/>



## LOW BUN - GISELLE VARIATION (Miss Paloma's Mon. & Tue. Ballet E)

"6 Ballet Hairstyles - High & Low Bun, EASY French Twist + Giselle/Juliet/Sugarplum" by Kathryn Morgan (Focus on the GISELLE chapter)

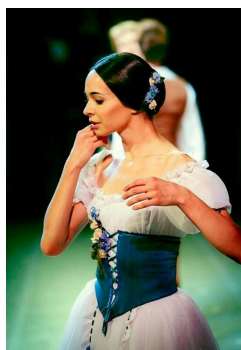
▶ 6 Ballet Hairstyles - High & Low Bun, EASY French Twist + Giselle/Juliet/Sugarplum | Kathr...

"GISELLE Romantic Bun with Erica Lall" by American Ballet Theatre

▶ GISELLE Romantic Bun with Erica Lall

### **Giselle Bun Guide:**

1. Brush out your dancer's hair.
2. Using a fine tooth comb, part the hair back past the ear line.
3. Section hair from the hairline to the ear/crown (where the part ends) into sections and clip up. (Secure with alligator clips or whatever is on hand that will keep hair up and out of the way.) This hair will be addressed in Step 9.
4. Pulling tautly, gather unsectioned hair into a ponytail very close to the nape of the neck. Before you put a rubberband in, be sure to smooth out any bumps with a comb or brush.
5. Grab a ponytail holder that matches your dancer's hair color and create a ponytail. If your ponytail is too low you may run into trouble twisting it into a bun.
6. Use your preferred hair spray/gel/mousse/etc. to thoroughly cover the head. Hair should be taut, firmly slicked back and wisp free at this point.
7. From here you can either twist the entire ponytail or twist two sections of ponytail up into a bun. Hold onto the bottom, twist, lift the tail up and spiral around the ponytail holder. If you are doing two sections for shorter/layered/etc hair, simply split the ponytail down the middle, twist one section and spiral that above the ponytail holder, then twist the other and spin it below the ponytail holder.
8. Secure with bobby/hair pins by grasping a small amount of hair from the top with the bobby pin, and pulling the hair under the bun by sliding the bobby pin underneath the bun.
9. Starting with the hair on either the left or the right side of the part, pull hair DOWN over the ear and use bobby pins to secure hair on back of the head by the bun. Wrap the tail of that section of hair around bun and pin in. Repeat on the other side.
10. Wrap a hair net that matches the color of your dancer's hair around the bun 1-3 times. Wrap excess hair net around base of the bun. Thicker hair may require two hair nets to secure hair.
11. Finish with more spray/gel and pins to secure hair net and hairstyle. You can also secure any flyaways with bobby pins or a strong hair gel.



## BALLET BUN - PONYTAIL - HIGH PONY\* with NO PART

Making a bun: "Ballet Bun Tutorial" by Kansas Dance Academy [▶ Ballet Bun Tutorial](#)

We highly recommend **NOT** using bun builders/bun donuts BUT if you choose to use one, please make sure it is the appropriate size for your child and their amount of hair. Here is a tutorial on how to use one: "Perfect Ballet Bun Tutorial (with bun donut)" by GoldenBallet

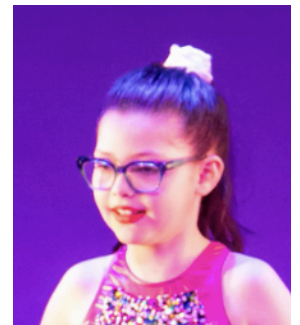
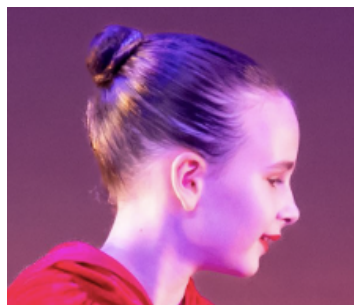
[▶ Perfect Ballet Bun Tutorial \(with bun donut\)](#)

High Pony Tutorial: [▶ Recital Hair - No Part, High Pony](#)

### **Ballet Bun/Ponytail Guide:**

1. Brush out your dancer's hair.
2. Using a comb or brush, smooth out hair and brush back WITHOUT a part from the forehead to the crown. Use hair gel to keep the hair close to the head.
3. Gather hair into a ponytail at the natural crown of your dancers head. Before you put a rubberband in, be sure to smooth out any bumps with a comb or brush on top and bottom.  
**\*HIGH PONY:** gather ponytail high enough on your dancers head that the whole ponytail holder is visible from the front on.
4. Grab a ponytail holder that matches your dancer's hair color and create a ponytail.
5. Use your preferred hair spray/gel/mousse/etc. to thoroughly cover the head. Hair should be taut, firmly slicked back and wisp free at this point. *\*If you are wearing a ponytail instead of a bun, please skip to step 9.*
6. From here you can either twist the entire ponytail or twist two sections of ponytail up into a bun. Hold onto the bottom, twist, lift the tail up and spiral around the ponytail holder. If you are doing two sections for shorter/layered/etc hair, simply split the ponytail down the middle, twist one section and spiral that above the ponytail holder, then twist the other and spin it below the ponytail holder.
7. Secure with bobby/hair pins by grasping a small amount of hair from the top with the bobby pin, and pulling the hair under the bun by sliding the bobby pin underneath the bun.
8. Wrap a hair net that matches the color of your dancer's hair around the bun 1-3 times. Wrap excess hair net around base of the bun. Thicker hair may require two hair nets to secure hair.
9. Finish with more spray/gel and pins to secure hair net and hairstyle. You may find a bobby pin at the temple and/or behind the ear helps keep your students hair from sliding out of place. You can also secure any flyaways with bobby pins or a strong hair gel.

If you have any further questions or would like more help, follow this link to Gaynor Minden and scroll to High Ballet Bun: <https://dancer.com/ballet-info/in-the-studio/hairdo-how-to/>



## SPACE BUNS - PIGTAILS

Making your buns: “Dance Hair Tutorial: Double Buns” by Center Stage School of Performing

Arts: [▶ Dance Hair Tutorial: Double Buns](#)

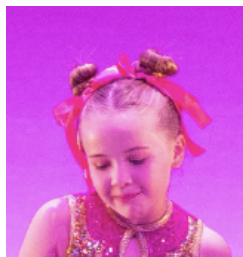
[▶ How to Braid Pigtales | Braid Tutorials](#)

### **Space Buns Guide:**

1. Brush out your dancer's hair.
2. Using a fine tooth comb, part the hair in a straight line; the part should be in the center of the forehead and go all the way back. At this point your dancers hair should be bisected into two equal halves.
3. Doing one half at a time, brush/comb hair into a high pigtail, avoiding the ear. This should ideally be high on the top of the head, off center from the part. Be sure to smooth down your dancers hair and remove any bumps with a brush or comb before securing it in step 4.
4. Grab a ponytail holder that matches your dancer's hair color and create a high pigtail. Repeat on both sides.
5. Use your preferred hair spray/gel/mousse/etc. to thoroughly cover the head. Hair should be taut, firmly slicked back and wisp free at this point. *\*If you are wearing pigtales instead of buns, please skip to step 9.*
6. From here you can either twist the entire ponytail or twist two sections of ponytail up into a bun. Hold onto the bottom, twist, lift the tail up and spiral around the ponytail holder. If you are doing two sections for shorter/layered/etc hair, simply split the ponytail down the middle, twist one section and spiral that above the ponytail holder, then twist the other and spin it below the ponytail holder.
7. Secure with bobby/hair pins by grasping a small amount of hair from the top with the bobby pin, and pulling the hair under the bun by sliding the bobby pin underneath the bun.
8. Wrap a hair net that matches the color of your dancer's hair around the bun 1-3 times. Wrap excess hair net around base of the bun. Thicker hair may require two hair nets to secure hair.
9. Finish with more spray/gel and pins to secure hair net and hairstyle. You may find a bobby pin at the temple and/or behind the ear helps keep your students hair from sliding out of place. You can also secure any flyaways with bobby pins or a strong hair gel.

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## LOW PIGTAILS - BRAIDED LOW PIGTAILS

Making your braids: "How to Braid Pigtails" by HowCast:

 [How to Braid Pigtails | Braid Tutorials](#)

### **Braided Pigtails Guide:**

1. Brush out your dancer's hair.
2. Using a fine tooth comb, part the hair in a straight line; the part should be in the center of the forehead and go all the way back. At this point your dancer's hair should be bisected into two equal halves.
3. Use your preferred hair spray/gel/mousse/etc. to thoroughly cover the head. Hair should be taut, firmly slicked back and wisp free at this point.
4. Doing one half at a time, gather one half of the hair behind the ear. Be sure to smooth down your dancer's hair and remove any bumps with a brush or comb before braiding and securing your dancer's hair.
5. *If needed/if your dancer's hair is pulling away from the head:* you may pin the hair on the side of your dancer's head above the ear with bobby pins that match your dancer's hair color.
6. Split hair into three equal sections: in a controlled manner, twist the middle piece of hair towards the outside and complete the braid all of the way down.
7. Once the braid is complete, using a small, clear elastic band, secure the bottom of the braid. *Repeat steps 4-6 for the other braid.*
8. Finish with more spray/gel and pins to secure hairstyle. You may find a bobby pin at the temple and/or behind the ear helps keep your student's hair from sliding out of place. You can also secure any flyaways with bobby pins or a strong hair gel.



## HALF-UP, HALF-DOWN with NO PART

Video Help: "Hair Tutorial: Half Up Half Down" by Caulfield School of Dance:

▶ Hair Tutorial: Half Up Half Down

*(Note about above video: Hair MUST have product in it - ideally hair gel. You can feel free to disregard the instructions about hair bows, we will take care of all headpieces.)*

### **Half-Up, Half Down Hair Guide:**

1. Brush out your dancer's hair.
2. Using a comb, separate the top half of the hair that you intend to pull into a ponytail. Use hair gel to keep the the hair close to the head.
3. Gather hair into a half-up ponytail following the natural curve of your dancers crown. Before you put a rubberband in, be sure to smooth out any bumps with a comb or brush.
4. Grab a ponytail holder that matches your dancer's hair color and create a ponytail.
5. Use your preferred hair spray/gel/mousse/etc. to thoroughly cover the crown of the head. Hair should be taut, firmly slicked back and wisp free at this point.
6. ***If your dancers hair is natural, textured, braided or curly, please skip to Step 7.*** For fine haired or straight haired dancers, please brush out the ponytail and all remaining hair so that it is tangle free. A finishing spray or oil may be applied to loose hair to help keep it styled for the remainder of the day.
7. Finish with more spray/gel and pins to secure hairstyle. You may find a bobby pin at the temple and/or behind the ear helps keep your students hair from sliding out of place. You can also secure any flyaways with bobby pins or a strong hair gel.

