

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.

- Translucent Face Powder
- Base to Match Complexion (Ages 9+)
- Brown or Black Eyeliner (Ages 9+)
- Brown Eyeshadow
- Eggshell Eyeshadow (or equivalent off-white color)
- Eyebrow brush/gel
- Mascara
- Pink Blush
- Rose or Red Lipliner
- SMUDGE PROOF Rose or Coral Lipstick (dark reds, neutral colors and mauve tones appear black or non-existent on stage)
- 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.

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)
- Hair Gel/Hairspray

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

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

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

BALLET BUN - PONYTAIL - HIGH PONY*

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 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 taught, 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](#)

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 taught, firmly slicked back and wisp free at this point. **If you are wearing pigtails 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.

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

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HALF-UP, HALF-DOWN

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 taught, 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.