

# The St. Petersburg Ballet Conservatory Performance Hair and Makeup Guide

RED - Ballet 1, 1A, 2

BLUE - Ballet 3, 4, 5, and Pre-Pro

## Ballet 1, 1A, 2: Performance Hair

*ALL DANCERS need to have hair securely in place for class and performances. We move our heads and jump up and down which may cause your dancers bun to fall out, secure it tightly so we do not have this happening on stage and off stage!*

### Performance Hair - High Ballet Bun

- All hair securing supplies should try and mimic the color of your dancers hair!

1. Elastics - no skinny elastics!
2. Hairnet!!!
3. Bobby Pins - please get the right size for your dancer's hair and thickness.
4. Brush
5. Water
6. Fine Tooth comb, or bristle brush
7. Hairspray/gel

Start by wetting your dancer's hair before you begin, adding the water will add some grab to your dancer's hair, but you do not want it soaking wet! Adding in some gel at this point is a great idea to secure fly aways! Using the brush, brush the hair back getting all the little pieces up and off your dancer's face to make a ponytail with a nice, strong elastic at the crown of the head, slightly on a diagonal from the top of the ear. Then, before inserting any bobby pins, use a fine tooth comb or bristle brush to smooth out the whispies and bumps combing them towards the elastic. Don't worry if you see the bumps, these little bumps will be covered when you form the bun on top. Next, start twisting the hair and forming a bun, PINNING AS YOU GO, so the bun becomes nice and flat. Continue for the length of the hair making a circular, bun shape. Grab your hairnet, which matches your dancer's shade of hair, and begin wrapping it around the bun you have just created. ALL BUNS NEED TO BE COVERED WITH A HAIRNET! Cover the entire bun with the net, twist, and cover the bun again, doing so until the net runs out. Pinning any extra at the end. Finish by hairspraying EVERYTHING and bobby pinning any stray hairs! You can never have too much hairspray! :)

## BALLET 1, 1A, 2: Performance Makeup and Steps

*Having your child wear makeup for the stage is necessary as the bright lighting can really wash out facial features. Accenting the facial features will allow the audience to see the dancer from far away. Once you see your dancer from a distance, the makeup won't seem as drastic as it does when you are up close.*

### **Performance Makeup - ALL female Dancers!**

1. Full Coverage Liquid and/or Stick Foundation - See recommendations below:
  - Sephora Collection - Make No Mistake Foundation and Concealer Stick - great for full coverage for our older dancers!
  - Sephora MAKE UP FOREVER Ultra HD Cover Stick Foundation - (More pricey, but great for the stage and photoshoots for our older dancers!)
  - L'OREAL True Match Super Blendable Makeup in your dancer's shade
  - COVERGIRL TruBlend Matte Made Liquid Foundation
  - Revlon Color Stay Foundation Makeup
  - Maybelline FIT Me Matte Foundation
2. Concealer - if your foundation doesn't erase circles under eyes, or give a consistent coverage.
  - Maybelline FIT Me Concealer works great and is extremely blendable
3. Eyebrow Pencil, eyebrow shadow, or eyebrow gel matching eyebrow color
4. Definition Eyeshadow for lids and creases - medium brown
  - MAYBELLINE "020 Natural Smokes" - is a set of 4 shades, with great color browns and highlighters necessary for proper stage makeup
5. Highlighter Eyeshadow for below brow bone - cream/white color
6. Black Mascara
7. Black pencil eyeliner for the lower lid
8. Black liquid eyeliner for the upper lid
9. Blush
  - No bright or hot pink!
  - Stick with mauve tones.
10. Lip Color Stain - stain works great for the stage and once it is dry it won't get on the costumes! - just be careful when applying because it is a STAIN.
  - Maybelline SUPER STAY MATTE INK - Shade 117 "Ground Breaker"
11. Lip liner -
  - Slight shade darker than lipstick or true shade to lipstick

### **Makeup accessories and tools**

1. Makeup bag or container for all makeup to be neatly stored
2. Foundation brush or sponges for help even coverage
  - Blendable sponge, circle sponge, triangle sponge
3. Eyeshadow brushes - for blending shadows more easily.

- 3 brushes would be ideal - small, medium, large
- 4. Blush brush - big fluffy brush
- 5. Makeup remover, cotton pads, q-tips, face wash, makeup wipes
  - You will need proper makeup remover - oil cleansers will help break down the makeup
  - Cold creams
  - Micellar water with cotton pads works great!

### Performance Makeup Application Steps

*\*Always begin with a clean, washed face with removal of all previous makeup!!!\**  
*\*Always start fresh before each performance!!!\**

**Step 1 - Foundation-** Apply full-coverage liquid or stick foundation with a sponge or foundation brush, gently dabbing and moving foundation over the entire face - \*Including the eyelids and lips and up into the hairline as well as about 2 inches down the neck and below the chin line. This applies a good base for the other makeup to adhere to and hides all imperfections.

**Step 2 - Concealer -** Apply below the eyes and any other areas that need a little extra coverage.

**Step 3 - Eyebrows-** Use either an eye brow pencil, gel, or an eyebrow brush and shadow and start at the arch of the brow and extend downwards to the end, then go back and fill in the rest. Following the shape of the brow and going slightly higher and longer to accentuate the brow line.

**Step 4 - Eyeshadow-** You want your eyes to look open. Start by applying the base eyeshadow over the outer section of your lid, which is the light brown shade in your eyeshadow palette. Next, take your light highlighter shade on the inner corner of the lid and across the lid. Then, take your darker brown eye shadow and apply the outside corner and blend gently inward with your brush along the crease. Go back again with your highlighter color and highlight the lid after you have completed your light and medium browns. (Both YouTube tutorials mentioned above, show this in great detail!)

**Step 5 - Highlighter -** Lastly, apply highlighter shadow right underneath the eyebrows on the brow bone and on the inner section of your lids.

**Step 6 - Lower lid Eyeliner -** Applying eyeliner below the lash line on your lower lid can be done with pencil. Apply small little strokes under the lashes across 3/4 of the way just on

inside of your dancer's pupil. You can have your dancer look up to apply the eyeliner right underneath to define your dancer's open eye.

**Step 7 - Top Lid Eyeliner** - This one take practice. Have your dancer close their eye and apply the liquid from the inside out, right above their lashes as close to their lashes as you can get. (This step can be done with pencil first to gauge where your liquid will go, and then follow the same line with your liquid liner after drawing your line guide with pencil.) Starting from the inside and continuing to the end of the lash line and to the corner of the eye. Make sure they keep their eyes closed while the liquid dries!

**Step 8 - Mascara**- Practice the motion of putting mascara on with your finger along the eyelashes first so the little ones know what to expect since they don't wear mascara every day! Start by having them look down to apply first coat of mascara, then have them blink lashes down onto the mascara wand several times. This helps open the eye.

**Step 9 - Blush** - Measure about two fingers down from the eye, and away from the nose. Apply the blush no further in than the pupil of the eye, then up the cheek bones and into the hairline and upwards. \*\*\*Do not put blush on the apples of the cheeks or you will look red faced from the stage!\*\*\*

**Step 10 - Lipstick and liner**- Start off by lining the lips in a darker shade than the lipstick to guide you when filling in your dancer's lip color. Then apply the color with the provided lip brush and let set.

*You want defined spaces in your makeup and to create angles from a distance! Everything always needs to be open and going in an upward motion, never apply makeup downward or you will look tired and sad from the audience!*

## Ballet 3, 4, 5, and Pre-Professional: Performance Hair

*ALL DANCERS need to have hair securely in place for class and performances. We move our heads and jump up and down which may cause your dancers bun to fall out, secure it tightly so we do not have this happening on stage and off stage!*

Performance Hair - Hair styles may change for different shows

- All hair securing supplies should try and mimic the color of your dancers hair!
- Elastics - no skinny elastics!
- Hairnet!!! - Must be wearing a hair net if hair is in a bun!

- Bobby Pins - please get the right size for your dancer's hair and thickness.
- Brush
- Water
- Fine Tooth comb, or bristle brush
- Hairspray/gel

## Ballet 3, 4, 5, and Pre-Professional: Performance Makeup and Steps

### Performance Makeup - \*Same as listed above with additional items below\*

1. Contouring makeup and white highlighter powder or makeup
2. False eyelashes
  - KISS brand in "Flirty"
  - ARDELL Natural Eye-Lifting Effect - 120 (NOT 110!) Black
3. Eyelash Glue
4. Stage Earrings - ALL dancers in Ballet 3, 4, 5 and Pre-Professional levels need stage earrings!!!! On Pointe Dancewear has earrings we recommend if you do not already have stage diamond earrings. These earrings come in clip-on as well as post styles. They are beautiful diamond earrings our SPBC dancers will wear for every show unless told other wise.
5. Setting Spray
  - MORPHE Setting Spray

*Kathryn Morgan, soloist with Miami City Ballet has a wonderful in depth YouTube tutorial on stage makeup! Please watch and understand what needs to be done for stage makeup and how it is different from every day wear. Nicole Saxton, has a shorter version of stage makeup for men and women, which can also be found on YouTube. Please watch and be familiar with what needs to be done and how this makeup needs to be applied for the stage and enhancing our facial features - not ruining them!*

### Performance Makeup Application Steps

\*Follow all steps as mentioned above through step 8, but heavier and darker\*

.....Once you have finished step 8 and have on your dried liquid eye liner and mascara, its time for your lashes!

**Step 9 - Applying False Eyelashes** - Begin with your sized eyelash (you may need to trim to fit your lash line - will show you in makeup class), and put on a thin line of lash glue. Depending

on the glue you have (will also talk about in makeup class), you want to apply enough but not too much that your eyelash slides around while it is drying.

**Step 10 - Applying mascara over false Eyelashes** - This step must be done to make sure your false eyelashes and your eyelashes look as one. Some may need to curl their lashes into their false ones if they tend to have straight lashes.

\*\*\*You may need to fix any eye shadow you might have touched or smudged while doing your lashes. As you practice your makeup - this application of lashes will get easier!\*\*\*

**Step 11 - Blush** - Measure about two fingers down from the eye, and away from the nose. Apply the blush no further in than the pupil of the eye, then up the cheek bones and into the hairline and upwards. \*\*\*Do not put blush on the apples of the cheeks or you will look red faced from the stage!\*\*\*

**Step 12 - Lipstick and liner**- Start off by lining the lips in a darker shade than the lipstick to guide you when filling in your dancer's lip color. Then apply the color with the provided lip brush and let set.

**Step 13 - Use setting spray!** - Dancers sweat a lot onstage and need help in making sure their makeup will not run or smudge - setting spray helps everything stay in place and will provide protection against smudging and sweating! So be sure to close your eyes and mouth, and spray over entire face and neck and let dry.