

How to Do A Ballet Bun



1. Brush your hair back into a tight ponytail—position it on the crown (highest point) of your head—and secure with a hair elastic.
2. Twist your ponytail tightly as you wrap it around your ponytail bun to keep stray ends from breaking free. You can also braid your ponytail to help keep everything together.
3. Tightly wrap a hair net that matches your hair color over your ballet bun to contain any stray ends.
4. Use U-shaped hairpins or bobby pins to hold the hair net and bun in place. Direct each pin down toward the scalp at the edge of the bun, grabbing some bun hair. Then, “scoop” a bit of the scalp hair with the tips as you direct the pin into the base of the bun, parallel to the head.
5. Use gel or hairspray to slick down any fly away hairs or loose ends.* Bobby pins can also be used at the back of the head to pin short hairs up towards the bun.

*Use a small amount of baking soda in the shower to help break up gel & hairspray when washing your hair after the performance!

How to Apply Stage Make-Up

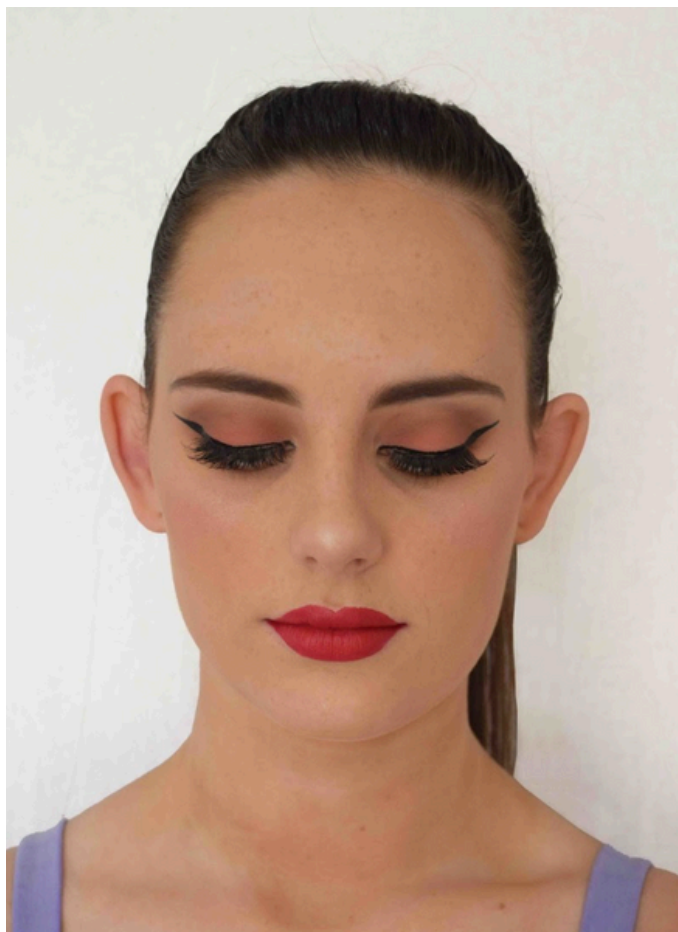
Stage make-up is very different from regular makeup because the harsh stage lights can drown out features, making it important to exaggerate and draw out lines from the face. Dancers of all genders **must** wear make-up when performing.

1. Start with a clean, freshly washed face. (Optional: exfoliate and moisturize after washing. Add foundation primer for long-lasting makeup.)

2. Apply full coverage **foundation** all over the face, blending the color into your neck and hairline for an even application. Choose a product one or two shades darker than your regular skin tone.

3. Apply **contour** to the face to prevent from looking "flat" from the stage lights. Apply a darker color below the cheekbones, on the sides of nose, and at the temples. Apply a lighter color above cheekbones, on the bridge of the nose and add a **concealer** under the eyes. Blend the contour with a damp blending sponge or a blending makeup brush. (Optional: Color in the eyebrows if they are light or if you want a more defined shape. Make sure your eyebrow pencil or gel is similar to the color of your hair.)

4. Apply a light color **eye shadow** to the crease of the eye and the brow bone to add a highlight. Add a neutral color to the eye crease, and a dark color to the corner creases of the eye to create a smoky look. Make sure you blend these in to create a seamless transition from colors.



5. Line the eye both top and bottom using a **pencil or liquid eyeliner** so the whites of the eyes stand out on stage. Add two "wings" to the top line to over exaggerate the shape of the eye.

6. Apply **mascara** to the top and bottom lashes. (Optional: Apply false lashes for a more dramatic look.)

7. Apply **blush** to the cheeks making sure the color is dark enough to be seen from stage. Make sure this is blended in and doesn't look like two pink circles on the cheeks. Tip: smile big when applying blush to exaggerate the "apple" of the cheek where the blush should be applied. (Optional: Additionally add highlighter above the cheekbones and on the bridge of the nose for a glow. This creates a sparkle when the light hits the face.)

8. Powder the entire face to set the makeup, apply a setting spray if you have one.

9. Apply **red lipstick** color to the entirety of the lips. Check with your instructor if you are unsure of the exact color to use.

*Make sure to remove your makeup thoroughly at the end of the day to prevent skin irritation!