

# GIRLS HAIR AND STAGE MAKE UP INSTRUCTIONS



## FLAT CLASSICAL BUN

1. Wet hair thoroughly with spray bottle or light gel. (Please use non-perfumed products).
2. Comb into a smooth pony using a strong elastic.
3. Twist the ponytail into a circle to make a flattish cinnamon bun like shape. Make the bun flattish rather than pokey! If hair is thicker split the ponytail into two pieces and then twist around elastic.
4. Place a hair net over the bun to contain the pieces, double or tripling the hair net.
5. Sew the bun into place using strong hairpins. There is a technique to sewing the bobby pins in so ask for a demo from one of the teachers if you are unsure.
6. Clip any loose bangs into place with flat hair clips.
7. Spray any wispy hairs flat and voila!!!

## HAIR ACCESSORIES

**DANCERS PACK EXTRA HAIR PINS/CLIPS FOR HAIR ACCESSORIES.** Please make sure all hair accessories are well attached with clips and pins for dress rehearsal and show days. We require lots of pins/clips to attach accessories to students' hair. Hair accessories that fall off during the performance are distracting and dangerous to the dancers. Flowers/ hair accessories are placed on the right side of the dancer's head/bun.

## MAKE-UP FOR JUNIOR DANCERS

Please keep make up simple for the juniors. Please try to apply foundation, blush, light eyeline and light pink lipstick on the wee ones. Mascara is an added bonus for kids ages 7 and up, and there is no need for false eyelashes.

**BOYS:** Apply light foundation so they do not look washed out especially for those with paler complexions.

## THEATRICAL MAKE-UP TIPS FOR PRETEEN AND UP

Please remember that skin tone washes out under the lights so although stage make-up looks heavy close up, it looks great on stage!

**FOUNDATION** - Choose a colour / brand that best matches skin tone

- Foundation should continue down the neck

- After foundation, apply pressed powder over the face lightly with a brush

**LIPSTICK**

- Matte light rose lipstick (stay away from reds, orange or too bright pinks)

**BLUSH**

- Pink or red depending on the child's skin tone - avoid orange hued blush

**EYES**

-Darken fairer eyebrows with brown pencil

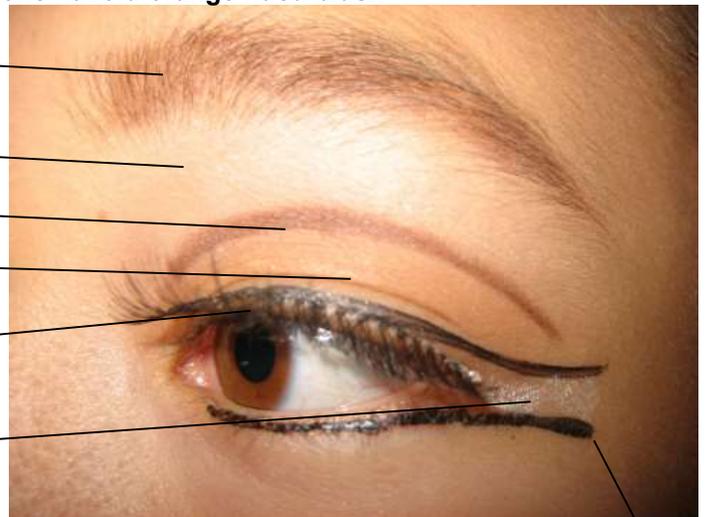
- Shadowshade white in between the brow and the double eyelid crease (matte white powder)

- Darker brown eyeshadow in the eye crease

- Shade beige in between the double eyelid crease and above the false eye lashes (smooth latte/light brown)

- Apply false eyelashes with eyelash adhesive (strip not individual) as close as possible over top of the real eyelashes or curl real eyelashes with an eyelash curler and then apply mascara

- Shade white between two eyeliner lines



- extended line top and bottom of eye past where you normally end with eyeliner (pencil or liquid)