



Ballet Bun for Performances

Styling Long Hair:

- Use hair gel or spray hair lightly with hair spray.
- Brush hair smooth, secure wisps, layers or short ends into a ponytail and secure with an elastic hair band.
- Secure side and back hair with clips, bobby pins or barrettes. Spray hair to secure.
- Divide ponytail into two or more sections (depending on thickness and length) and twist.
- Wrap one section of twisted hair clockwise around the elastic band, secure with hair or bobby pins as you wrap. (It is best to angle the hair pin diagonally outward, away from the center of the bun, to grab onto the hair, then loop pin down and inward to secure hair tightly. Your wrist should make the shape of a "C". If you push pins straight into the bun, they don't hold as tightly.) Repeat until all sections of hair is twisted and pinned into a cinnamon shaped bun. Note- Bun should be as flat against the head as possible. It is acceptable to have a large bun however it should not be sticking out in a "knobby" manner.
- Place a hair net over the bun, twist the net over the bun at least two times. Tuck ends of hair net into the bottom of the bun and secure with hair or bobby pins.
- Spray hair and bun with hair spray to set. Smooth with hand or comb if necessary.

Chin length hair (it is difficult to put this length hair in a bun):

- Use hair gel or spray hair lightly with hair spray.
- Brush hair smooth.
- Pull hair into a ponytail, securing the sides back away from face with clips or barrettes. Spray to secure.
- Wrap hair (as much as possible) clockwise around the elastic band, secure with hair or bobby pins as you wrap.
- Place a hair net over the bun, twist the net over the bun at least two times. Tuck ends of hair net into the bottom of the bun and secure with hair or bobby pins.
- Spray heavily with hair spray to set.

Very short hairstyles:

- Use hair gel and spray to slick front and sides away from face.
- Smooth with brush or comb.
- Bangs should be secured back with clips and/or bobby pins to keep from falling onto forehead.
- Spray hair with hair spray to set.

Make Up for Performances

Girls 12 and under

- Eyes: Browns and natural tones (No colored eye shadow). Mascara is suggested but not required for 6 years and under.
- Cheeks: Light blush to highlight with natural red tones. No bright reds or pinks please.
- Lips: Deep reds with brownish tones are best. No bright reds or pinks please.
- No body glitter.

Girls 13 and up (full stage make-up)

- Foundation is suggested as a base plus powder to soften.
- Highlight the edge of hair line with blush or brown eye shadow if necessary (fair headed dancers).
- Highlight the edge of chin line with light blush. This defines the face.
- Eyes: Browns and natural tones. False eyelashes and mascara are suggested. Use brown/black eyeliner and white eye shadow to make eyes "pop" out.
- Cheeks: Natural red tones of blush to highlight. No bright reds or pinks please.
- Lips: Deep reds with brownish tones are best. No bright reds or pinks please. Lip liner is optional.
- No body glitter.

Momentum Music & Dance Academy 15811 Ambaum Blvd. SW, Ste B. Burien, WA 98166 [206-242-1239](tel:206-242-1239)

www.momentumdanceacademy.com

