



HAIR & MAKE-UP FOR PICTURE DAY AND RECITALS

High Ballet Bun:

1. Brush hair into a high ponytail (see pictures below for placement). Use 1 or 2 thick hair elastics. You may need to dampen the hair with water to help slick the hair back. Use gel & hairspray. Long bangs must be slicked back and brushed into the ponytail. Hairspray any 'fly aways'.
2. Twist the hair and wrap it around to make a bun. Use lots of U-shaped hairpins to pin the hair. You may need to flatten or adjust the shape of the bun as you go in order to get a nice round shape.
3. Wrap a thin hair net (same colour as hair) around the bun and add more hairpins. The hair net will keep all of the hair in place.
4. Finish off with the hair accessory. Secure it on the dancers right side. (See picture with flower accessory for placement). Add bobby pins to hold it in place. If your costume comes with a scrunchie, wrap it around the bun and secure with bobby pins.
5. If your dance requires a **LOW** Ballet bun, do the same as above but make a left side part before brushing your hair into the low ponytail.



***Students who have a ballet routine AND another type of routine in the recital:** If your ballet routine is first, start by making a high curly ponytail (follow steps on page 2). Mould the ponytail up into a round bun by scrunching the curls upwards. Use a hair net to wrap around the bun and secure with lots of hairpins. Avoid twisting the hair to make a bun as this will stretch out the curls. After your ballet routine, you can let out the bun and you will still have nice curls for your next dance.

High Curly Ponytail:

1. Brush hair into a high ponytail (see picture for placement). Use 1 or 2 hair elastics (same colour as hair). You may need to dampen the hair with water to help slick the hair back. Use gel & hairspray. Long bangs should be slicked straight back with gel and brushed into the ponytail. Hairspray any 'fly aways'.
2. Take a small section of hair, hairspray, and curl it with either a skinny curling iron, hot rollers, or sponge rollers. If you decide to use sponge rollers, they must remain in the hair for a few hours.
3. Repeat step #2 until all of the hair is curled.
4. Hairspray curls! Tip: if you finish styling your hair hours before the performance, it is recommended to wear a thick hair net to keep your curls from straightening out. Remove the hair net before performing.



5. Attach hair accessory.

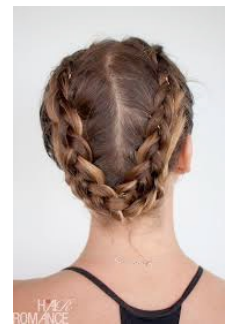
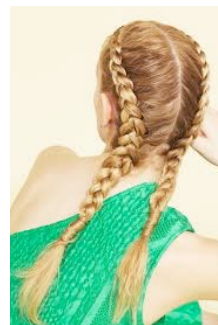
-Bow clips and rhinestone clips are to be secured in the centre, right above the hair elastic.

-Flower hair clips will be secured on the dancers right side, close to hair elastic. Add bobby pins to hold it in place. (please see ballet bun example on page 1 for hair clip placement.)

-Scrunchies are wrapped around the hair elastic and secured with bobby pins.

Two Braids:

1. Part the hair down the centre and either french or dutch braid the hair on both sides (two braids). You may need to dampen the hair to keep it in place. Add gel and hairspray.



Stage Make-up:

Stage make-up is recommended for picture day and the recitals as the lights are very bright. Young dancers may wear some pink blush and pink lipstick (medium shade).

Pre-Teen/Teen classes may wear a darker lip colour (medium to dark red), and eye-makeup is optional (eye shadow and black mascara).

Please contact us at info@kicksdance.ca if you have any questions!

Thank you!