

## Hair & Make Up Guidelines 2023

**Hair:** Check the google sheet to see how your dancer is wearing their hair for their dance. Most of our dancers will wear their hair in a bun but there are a few classes that we have listed for a ponytail or other hairstyle. A bun is the easiest and prettiest way to have all of our dancers look uniform. If you aren't sure how to properly do a dancer bun, please ask us. Here are a few tips.

- It is best to work with damp hair.
- Put hair in a ponytail (at the crown of the head) and twist hair as you twist it around the ponytail holder.
- Use hair pins or bobby pins...(hair pins are bobby pins that are already open) and secure the twisted/wrapped hair in the bun shape.
- Use hairspray or hair gel to secure all the whispies or extra hair.
- If your dancer has a lot of hair, you might want to use a hair net around the bun. Choose a hair net that matches their hair color. The hair net will secure all the hair stays in place. You will still need to use hair pins to secure the wrapped hair to the ponytail holder.
- Feel free to google "how to do ballet bun." There are tons of youtube vidoes on how to do dancer bun on all styles of hair and all ages.

**Make up:** It is up to you if you want your dancer to wear make up for dance pictures and/or the recital. We suggest they wear some make up for these events because the lights are very bright for pictures and on stage and we don't want our dancers to look washed out. Wearing make-up is a personal choice and I would never require a dancer to wear make-up, but it is fun for the dancers. The majority of dances will wear red lipstick. The only exception would be for costumes that are in the pink family and we will then have you do a pink lipstick. Here are some tips for dance make up.

Preschool dancers – No one is ever required to wear make up and this is a personal decision, but we do suggest wearing some make up. For the little ones, I suggest at least some blush and lip color (lipstick or lip gloss). Eye makeup is not necessary, but you are welcome to put on some eye shadow (neutral colors please) and mascara.

Dancers ages 7 and up – We highly suggest you wear makeup for your performance. You should wear powder/foundation, pink blush, neutral or brown colors for eye shadow and lipstick. Eyeliner and mascara (black) is not required but highly recommended. Refer to the google sheet to see which color of lipstick is for each costume. The majority of classes will have red lipstick, but we will have some classes wear pink (that will match the costume). If you are a team dancer and have a specific lipstick for certain dances, you can wear that. Just make sure to bring make up wipes so you can change lipstick colors in between dances.

Make Up suggestions for eye shadows & lips:  
Revlon Illuminance Crème Shadow #710 "Not Just Nudes"  
Revlon Colorstay 16 hour Eyeshadow #500 "Addictive"  
Lipstick is Revlon Colorstay color "Top Tomato" (red).

You can find all of these make up items at any drugstore. That way you can see what colors we are going for. You might have some of these shades at home. These are just examples, but you can find these Revlon items at most drug stores. For red and pink lipstick shades, just do your best to find a pretty color that will look good on your dancers.