

HAIR

Ballet and Jazz – High ballet bun

(Ballet and jazz performers also in tumbling will keep the bun in their hair to tumble)

Tumbling – Double french braid

Begin with damp hair and add product as needed to eliminate loose or fly away hair. Smooth away bangs *on youth and teen participants*. Wrap a hair net, as many times as needed to be tight, around the ballet bun. YouTube provides *many* videos on how to style a high ballet bun and French braid. Practicing before the day of the show will guarantee you've got the products (bobby pins, gel, hairspray, hair net, etc) and method you need according to your performer.

MAKE-UP INSTRUCTIONS

Apply make-up heavier than everyday wear because stage lighting washes out the face:

1. Wear a button down or zip-up shirt over costume
2. Start with a clean face
3. Optional - Apply Primer
4. Apply Foundation
5. Apply a loose powder
6. If needed - Apply eyebrow pencil or shadow to fill thin or light brows
7. Youth and teens - curl eye lashes
8. Apply light/natural shimmering eye shadow from lash line to brow line
9. Starting on the outside corner, apply eyeliner $\frac{3}{4}$ of the way to the inner corner with small, smooth strokes (Grey eye liner is recommended)
10. Youth and teens - continue the eye liner on the lower lash line $\frac{3}{4}$ of the way to the inner corner, mirroring the top lash but lighter
12. Apply mascara
13. Apply blush, starting on the apple of the cheek, in an upward sweep
14. Apply loose powder
15. Apply lipstick upon checking in backstage – Lipstick will NOT be provided