

# Makeup Application Guidelines

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## Recommendations for dancers ages 6 & under

Makeup is not required for this age group & left up to the discretion of the parents!

1. Eye Shadow (neutral shades only. Please NO blues or greens!)
2. Pink Blush
3. Pink Lipstick
4. Waterproof Mascara! (not required if there are sensory concerns)

Again, for this age group, everything is optional and can be part or all of what is listed above! We do recommend even if it is only a little blush and lipstick, it helps with the dancers not looking washed out in the photos and on the stage.

## Recommendations for dancers ages 7 & Up

1. Use Base & Powder to match skin tone.
2. Eye Shadow (Neutral shades) - Use base color over lid, then darker in the crease. Brown shades or smokey eyes preferred (NO green or blue shades).
3. Eyeliner (Black/brown) - Use on upper lid only.
4. Mascara (black) – parental discretion (not required if there are sensory concerns)
5. Lipstick (Red)
6. Eyelashes (dancers 10 & Up)

## **Two things we hear a lot from parents regarding recital makeup:**

*“Why does she need to wear so much makeup for the recital? She’s too young.”*

*“How do I do dance recital makeup? I don’t even wear makeup myself.”*

a) **Those super cute shiny costumes look stunning on stage!** And they will completely overshadow your dancer’s beautiful smile and facial expression if we don’t apply enough makeup.

b) **The stage lights and camera lights are very intense and make a dancer’s face look washed out.** Properly applied makeup will enhance your dancer’s features under bright, colorful stage lights.

c) **The dancers are elevated on a stage and are very far away from the audience.** This makes the facial features disappear and your dance will look less lively and joyful on stage.

# Makeup Application Instructions

The instructions below are intended for dancers 7 & Up to follow. It is not necessary for younger dancers to create a “smokey-eye” look. Even if your dancer is older and you don’t feel comfortable with that type of look, just apply the makeup with your own discretion. The bare minimum makeup we ask from parents is Eye Shadow, Blush and Lipstick. The rest of the instructions are meant as a guide!



**Smokey Eye Makeup**

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1. Apply your base eyeshadow color on the lid and above the socket crease.
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2. Apply your mid color eyeshadow along the base of the lid above the lashes and into crease, looping around at the outer corner.
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3. Take your darkest shadow color and apply with an angled brush along the very edge of the lashes and across the outer corner of the eye.
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4. Using a soft brush, blend out the three eyeshadow colors until the edges of each application are no longer defined.
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5. Now apply eyeliner to your bottom and top lash line. Finish off with a few coats of mascara.

## FACE FOUNDATION

Use to match skin tone.  
Use at parent’s discretion

## EYES

Natural colors. NO BLUE OR GREEN



## EYELINER/MASCARA

(black/brown)

Use at parent’s discretion. Mascara and eyeliner help best to open the eyes on stage. We suggest a TRAVEL SIZE mascara, the wand will be easier to use with small eyes.

EYELINER ON TOP LID ONLY



## BLUSH

A shade or two darker than everyday color



## LIPS

PINK for our Preschool Dancers  
RED for all other dancers



# Hair Instructions (for bun)



## Step

1

Using the hairbrush or comb, part hair down the center of the head and then brush the hair back into a ponytail. Apply hairspray or gel to tame wisps and strands of hair that are not long enough to reach the ponytail. Then secure the ponytail with an elastic hair tie. **For all dancers and dances, the hair style is LOW BUN for both Matinee and Evening shows**



## Step

2

Twist (or braid) the ponytail and put in pins. Start twisting the hair and put it around the center making a tight circle. Then secure the twist with the bobby pins or hairpins by putting them as many as you need. To do this, open the pin and then make sure the pin grabs part of the hair from the twist and goes straight in the head. If the dancer feels a constant pain when the pin is applied remove it and put it again until there is no pain. If you have a lot of hair you can divide the pony tail in two parts and twist them apart. Put one twist around first with pins and then the other twist. Depending on your hair if it is thin or thicker you will like to use the bobby pins to grab bumps and thin hairs and the hairpins for thicker parts.



## Step

Put the hair net on. Wrap the hair net around the bun to catch loose hairs. With a few twists the net should be tight on the bun and you can put some pins to secure it. You can also insert more pins around the bun to re-shape or secure loose parts of the bun.

*\*\*Hairnets can be found at Walmart, CVS, Target or Walgreens\*\**



## Step 4

Use hair spray or gel to secure hair around the face or any loose strands. This step it is fundamental for shows.



## Recital – Hair Instruction Continued

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### **Slicking back the hair**

It's important for the hair, whether it be a bun or ponytail, to be pulled back securely, and free of fly-a-ways. To get this slicked-back look, a little bit of water and hair gel will typically do the trick. Before pulling the hair back in to the ponytail, spray the roots with some water to dampen it, then work in some gel. As you brush through and secure the ponytail, this will help set it in a sleek and smooth look.

If you have some fly-a-way hairs, spray them with hairspray and use a toothbrush to brush them down (this is a great tip one of our dancers shared with us and it works very well). For the stubborn fly-a-way hairs at the back of the neck, use bobby pins and hairspray to secure them in place.

Finally, top off your look with a finishing coat of hairspray. Don't worry if the hair feels hard or sticky. No one has to touch a dancer's hair on stage, but it does need to be held securely in place with good elastics, bobby pins and hair products. The tighter, slicker, and more solid the hair-style feels, the better!

### **The Shake Test**

To ensure a hair style is secure for a dance performance, ask your dancer to shake her head around for about 15 seconds – moving up, down, forwards, backwards, and side to side. If it feels loose to them, tighten it with additional elastics and hairpins. No one wants a dancer's bun to fall apart on stage in the middle of a dance!

### **Final Thoughts**

Use elastics, bobby pins, and hairnets that match your dancer's hair color. Fluorescent hair elastics and bobby pins can distract the audience from the dance. In a group dance, dancers should look uniform. This includes their hair.

Remember to use a hairnet to secure your bun. Hairnets really can save a bun by helping to hold the bun in place and flatten it out.

If your dancer has a hair-piece for a dance, don't forget to put that in her hair too. The general rule for hair-pieces is if one person doesn't have theirs for a picture or performance, no one in the group wears one!

Practice your hairstyles. Nothing can be more frustrating than hair trouble on picture day or performance day. Practicing buns and ponytails a few days before will help make performance day hair-prep run smoothly and stress-free.