

Arts in Motion Dance Academy

Hair & Makeup Instructions

It is very important for all of our dancers to look professional and polished on stage, and hair and makeup are a big part of this. We recommend practicing your dancer's hair style and stage makeup application at least once *before* the dress rehearsals. The following information and videos will help you get the right look.

NO GLITTER ON YOUR DANCER'S BODY OR HAIR...NO GLITTER ANYWHERE!

HAIR

For all hair styles, hair should be slicked back with no "fly-aways" or "wispiers." The main rule to follow is: gel, gel, gel (and more gel), spray, spray, spray (and more spray). Basically you want your daughter's head to feel like a helmet before she goes on stage. If her hair gets in her eyes, not only will she not be able to see, but hair will also cast a shadow on her face and the audience will not be able to see her eyes. Bangs should be secured back with clips or pins. **All elastics, pins, clips and nets should match the color of your daughter's hair as closely as possible. Hair supplies can be found at Sally's Beauty Supply in Short Pump near the Game Stop.**

HIGH BUN – Should sit on the crown of the head or high on the back of the head, with no part in the hair. The bun should be close to the head and not stick out like a doorknob. At least one of the videos says only 5 or 6 pins were used, but I say, the more pins the merrier! Have your daughter do a vigorous head-shake to test the durability of the bun when you're all finished.

Supplies:

- | | | |
|---|---------------------------------------|-------------------------------------|
| <input type="checkbox"/> Hair brush/comb | <input type="checkbox"/> Hair spray | <input type="checkbox"/> Hair pins |
| <input type="checkbox"/> Spray bottle w/water | <input type="checkbox"/> Hair elastic | <input type="checkbox"/> Bobby pins |
| <input type="checkbox"/> Hair gel | <input type="checkbox"/> Hair net | <input type="checkbox"/> Hair clips |

Videos:

<http://www.youtube.com/user/jete14#p/a/u/0/U-aVvdYqezk>

<http://www.youtube.com/watch?v=sz12ngd7iBQ> (for short hair)

<http://www.youtube.com/user/lmwatts1#p/a/u/0/sXTmys8vb4U> (two different methods)

http://www.youtube.com/watch?v=3bb5x_KeCCQ&NR=1 (short, curly hair)

LOW BUN – This bun is made with a side part and sits low on the head, just above the neck. For classes wearing a hat as part of the costume, be sure that the bun is VERY low so the hat will fit properly. Again, the bun should lay flat against the head and not stick out.

Supplies: (same as above)

Video: <http://www.youtube.com/user/DTBH1864#p/a/u/1/XiLgsGuZAz8> (braided)

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STAGE MAKEUP

The priority when applying makeup on children for a performance is to highlight their features while keeping them looking as natural as possible. Stage lights are extremely bright and will wash out your dancer's face. Makeup is applied so the audience can see the dancers' excited eyes and beautiful smiles!

FOUNDATION & POWDER – Liquid foundation is used as a base on the skin all over to even out skin tone. This is not necessary, in my opinion, for younger kids, but you are welcome to use it if you like. If you do choose to apply foundation, remember to blend the hairline and onto the neck/chest to avoid having a harsh line, which is visible from stage. Powder is lighter and can be used by itself for younger dancers. When using liquid foundation, powder should always be used on top to set the liquid.

BLUSH – VERY important! Blush highlights cheekbones and gives that “rosy” look. The general rule of thumb is, use more than you think you need! Apply to the apples of the cheeks and upward along the cheekbone to the hairline.

EYES – Eye makeup defines the eyes and makes them look larger and more open. Colors used should be natural – browns, tans, and white only - no blues, purples, or pinks. **DO NOT USE FALSE EYELASHES.** The videos listed below have great instructions for eye makeup for the stage, but these techniques are best suited for older girls (10+). Younger dancers should wear less eye makeup - brown eyeliner, a small amount of eye shadow to highlight the brow bone and define the crease, and mascara.

LIPS – Choose a bright color lipstick that looks good with your child's skin tone.

MAKEUP FOR BOYS – Apply blush, eyeliner, and a light lipstick (if he'll let you) so he doesn't get completely washed out on stage. Heavy eye makeup isn't necessary.

Videos:

Light makeup for younger kids: <http://www.youtube.com/watch?v=nLzwTr4y-vs>

Overall stage makeup tutorial:

<http://www.youtube.com/user/smilelaughaly#p/search/2/ekNHjboZLGY>

Detailed tutorial - Foundation, powder, and blush:

http://www.youtube.com/watch?v=e_GpEQ0PIOo

Detailed tutorial - Eye makeup:

http://www.youtube.com/watch?v=ZJMJ7ux0yqE&feature=plcp&context=C49bff85VDvjVQa1PpcFO8C_TY_rI4GPDl_UevEuwUSf5zMKi8zLBg%3D

Detailed tutorial - Lips:

http://www.youtube.com/watch?v=hRmER1BMdOw&feature=plcp&context=C4dcfa02VDvjVQa1PpcFO8C_TYrI4GPNfCrVmSWeJVteuWE1O2MI4%3D

Practice your hairstyles and stage makeup to get it right *before* the dress rehearsal! Feel free to speak with Miss Casey if you have any questions or concerns.