

Arts in Motion Dance Academy

Recital Hair & Makeup Instructions

GENERAL INFO & REMINDERS

It is very important for 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* picture day. The following information and videos will help you get the right look.

NO GLITTER ON YOUR DANCER'S BODY OR HAIR...NO GLITTER ANYWHERE! Glitter winds up *everywhere* and is *impossible* to clean up!

NO JEWELRY OF ANY KIND, NAIL POLISH, OR TEMPORARY TATTOOS for Picture Day, Tech Rehearsals, or Recital Day. If you're planning on getting your dancer's ears pierced soon, please wait until *AFTER* the Recital.

HAIR

All female dancers must have their hair in a bun for Picture Day, Tech Rehearsals, and the Recital. Check your Costume Info Sheet for specific bun style for your dancer's class. Listed hair style is required for Picture Day, Tech Rehearsals, and Recital. When creating a bun, it should be close to the head and not stick out like a doorknob. Buns should be secured with bobby pins and/or hair pins – 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. Hair should be slicked back with no "fly-aways" or "wispsies." The main rule to follow is: gel, gel, gel (and more gel), spray, spray, spray (and more spray). Your daughter's head should feel like a helmet before she goes on stage. If her hair gets in her eyes while performing, not only will she not be able to see, but her hair will 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.

PERFORMANCE HAIR FOR BOYS

Boys should have their hair slicked back/up away from their face so that no shadows are cast from the stage lights.

HIGH BUN

Should sit on the crown of the head, high on the back of the head, with no part in the hair.

LOW BUN

Made with a side part, sits low on the head, just above the neck. If your dancer wears a hat as part of her costume, try the hat on when you make your ponytail to make sure the placement allows the hat to fit properly.

BUN-MAKING SUPPLIES

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

You can get all the hair supplies you'll need from Sally Beauty Supply in Short Pump in the Walmart Shopping Center.

HAIR TUTORIAL VIDEOS

[Perfect Ballet bun](#)

[Bun for short hair](#)

[Two different bun-making methods](#)

[Short, curly hair](#)

[Low bun, braided technique](#)

[Ballet bun for Natural/African American hair](#)

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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. The videos listed below have great instructions for eye makeup for the stage, but these techniques are best suited for older girls (10+). False eyelashes are optional for dancers over the age of 12 only. 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 and is not too dark. Pinks or reds, no purples or browns.

MAKEUP FOR BOYS

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

STAGE MAKEUP TUTORIAL VIDEOS

[Light makeup for younger kids](#)

[Overall stage makeup tutorial](#)

[Stage Makeup for darker skin](#)

[Detailed tutorial - Foundation, powder, and blush](#)

[Detailed tutorial - Eye makeup](#)

[Detailed tutorial - Lips](#)

Practice your hairstyles and stage makeup to get it right *before* picture day and tech rehearsal!

Feel free to speak with Miss Casey if you have any questions or concerns.