

## Hair and Make-up Guidelines

Stage makeup needs to be much darker than everyday makeup to ensure dancers' features stand out under the bright stage lights. Please follow these detailed steps to create the perfect stage look.

### MAKE-UP

#### 1. Foundation

- Start with a clean, moisturized face.
- Apply foundation evenly over the entire face and blend into the neck for a smooth, even tone. Choose a shade that matches your skin tone and covers any imperfections.
- Set the foundation with a loose powder to eliminate shine and help the makeup last through dancing and sweating.

#### 2. Blush

- Use a "fish face" or big smile to find the apples of the cheeks.
- Brush blush generously along the cheekbone, blending upwards toward the hairline.
- Ensure the blush is blended well for a natural appearance with no harsh lines.

#### 3. Eyes

- **Base Color:** Apply white eyeshadow across the entire eye area, from the lash line to the brow, and extend slightly beyond the outer edge of the eye.
- **Eyelid:** Apply a medium shade of brown to the eyelid, covering from the lashes to the crease.
- **Crease:** Use a dark brown eyeshadow in the crease, blending outward into a small triangle shape at the outer corner of the eye.
- **Eyeliner:**
  - Line the upper lash line from the outer corner to the center of the eye with black eyeliner (preferably liquid).
  - Line the lower lash line just under the lashes, extending slightly past the outer edge to create a small "wing."
- **Mascara:** Apply multiple coats of mascara or use false eyelashes for dramatic definition.

#### 4. Lips

- Stretch the lips flat and apply lipstick carefully, following the natural lip line.
- Include the corners and inner parts of the lips for complete coverage.
- Use a deep plum or burgundy lipstick (no red or pink tones). Lip liner may be used if it matches the lipstick.

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#### Additional Notes

- Color suggestions are provided to help new parents. If you have colors from previous years, those are perfectly fine unless you've been advised otherwise.
- Always test your products beforehand to ensure they work well under stage conditions.

Thank you for your attention to these details. Proper stage makeup ensures dancers look their best under the lights, helping them shine during every performance!

## HAIR

### **MIDDLE PART SLICKED BACK LOW BUN (For ALL Acro, Ballet, Lyrical & Contemporary)**

1. Start with clean, dry, or slightly damp hair. Use a comb to create a precise middle part, extending from the hairline to the crown of the head.
2. Smooth down both sides of the part with a brush for a polished look. Brush the hair back into a mid-low ponytail (ponytail should be about the same height as the middle of the dancer's ear). The ponytail should be centred at the back of the head. Use a gel or hair spray to smooth any flyaways or frizz for a sleek finish. Secure the ponytail tightly with a hair elastic.
3. Twist the ponytail tightly, coiling it around the base to form a bun. Secure the bun with bobby pins, placing them evenly around the bun to keep it stable. Tuck the ends of the hair under the bun for a clean look.
4. Use a strong-hold hair spray to ensure the style stays in place. Check for stray hairs and secure them with additional pins or spray.
5. For extra security, wrap a hair net matching the hair color over the bun and pin it in place.

### **MIDDLE PART SLICKED BACK LOW STRAIGHT PONYTAIL (For ALL Tap & Jazz)**

1. Start with clean, dry, or slightly damp hair. Use a comb to create a precise middle part, extending from the hairline to the crown of the head.
2. Smooth down both sides of the part with a brush for a polished look. Use a flat iron to straighten the hair, working in sections to ensure all strands are smooth and sleek. You may want to apply a heat protectant spray before straightening to prevent damage.
3. Brush the hair back into a mid-low ponytail (ponytail should be about the same height as the middle of the dancer's ear). Use a gel or hair spray to smooth any flyaways or frizz for a sleek finish. Secure the ponytail tightly with a hair elastic.
4. Use a strong-hold hair spray to ensure the style stays in place. Check for stray hairs and smooth them down with additional spray or a brush.
5. PLEASE Use elastics that match your hair.

### **MIDDLE PART SLICKED BACK LOW STRAIGHT PIGTAILS (For ALL Hip Hop)**

1. Start with clean, dry, or slightly damp hair. Use a comb to create a precise middle part, extending from the hairline to the nape of the neck.
2. Smooth down both sides of the part with a brush for a polished look. Use a flat iron to straighten the hair, working in sections to ensure all strands are smooth and sleek. You may want to apply a heat protectant spray before straightening to prevent damage.
3. Divide the hair into two equal sections, one on each side of the middle part. Use clips or hair ties to temporarily secure one side while working on the other.
4. Brush one section of hair back into a low pigtail at the nape of the neck. Use a gel or hair spray to smooth any flyaways or frizz for a sleek finish. Secure the pigtail tightly with a hair elastic. Repeat on the other side to create two matching pigtails.

5. Use a strong-hold hair spray to ensure the style stays in place. Check for stray hairs and smooth them down with additional spray or a brush.
6. PLEASE Use elastics that match your hair.