

# CARMEL AMELIA SCHOOL OF DANCE

## GROOMING GUIDE 2013



### HAIR STYLES

#### HIGH PONY TAIL



- BUNCH HAIR INTO A HIGH PONY TAIL
- SPRAY WELL WITH HAIR SPRAY
- BRUSH HAIRSPRAY THROUGH HAIR TO FORM PONY TAIL
- WHEN IT IS SMOOTH SECURE FIRMLY WITH A STRONG ELASTIC BAND



#### HALF PONY TAIL



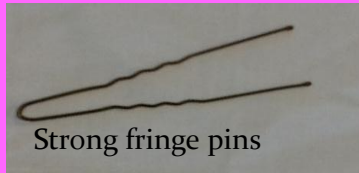
- DIVIDE HAIR IN HALF FROM ABOVE THE EARS AS SHOWN
- SPRAY TOP HALF WITH HAIRSPRAY AND BRUSH TO A SMOOTH BUNCH
- SECURE WITH A STRONG ELASTIC BAND

**\*\* IF THIS HAIRSTYLE IS REQUIRED AFTER A PONY TAIL OR BUN, DO THE TOP HALF FIRST THEN USE ANOTHER ELASTIC BAND TO FORM A PONY TAIL AND BUN. THIS IS HELPFUL FOR QUICK CHANGES!**

## CLASSICAL BUN



**YOU NEED:**  
**STRONG HAIR ELASTIC**  
**HAIR SPRAY**  
**HAIR NET/SLUMBER NET**  
**LARGE FRINGE PINS**



Strong fringe pins



**- BUNCH HAIR INTO A HIGH PONY TAIL, SPRAY WELL WITH HAIR SPRAY**



**- BRUSH SPRAYED HAIR INTO A FIRM PONYTAIL THEN SECURE FIRMLY WITH A STRONG ELASTIC BAND**  
**- GENTLY TWIST HAIR TO FORM A LOOSE COIL**



**- COIL HAIR INTO A LOOSE BUN SHAPE**  
**- PLACE NET OVER BUN SHAPE, IT CAN BE DOUBLED OR TRIPLED FOR EXTRA SECURITY.**  
**- SQUASH AND MOLD THE BUN INTO A FLAT SHAPE.**



**- STICK FRINGE PINS INTO BUN AT SIDES THEN PULL DOWN TOWARDS SCALP AND SLIDE IN, THIS SHOULD USE THE NET TO PULL THE BUN DOWN FLAT ONTO THE HEAD**  
**- COMPLETE PINNING BUN DOWN WITH APPROX. 12 - 16 PINS.**



**FINISHED FLAT CLASSICAL BUN**



# MAKE UP

\* **STAGE MAKEUP IS DESIGNED TO ACCENTUATE THE PERFORMER'S FEATURES WHEN UNDER STRONG LIGHTING. WHILST IT MAY SEEM UNNECESSARY THE DANCERS EYES AND LIPS IN PARTICULAR ARE ACCENTUATED SO THAT WE CAN SEE THEIR FACIAL EXPRESSIONS ON STAGE!**

\* **THERE ARE MANY TYPES OF MAKEUP AVAILABLE BUT WE RECOMMEND A GOOD QUALITY FOUNDATION TO AVOID SKIN IRRITATION.**



## **YOU WILL NEED:**

**BASE FOUNDATION (to match skin tone)**

**EYEBROW PENCIL - DARK BROWN**

**EYE SHADOW - CHOCOLATE BROWN**

**WHITE HIGHLIGHTER - CRAYON /SHADOW**

**FALSE EYELASHES - (older students)**

**BLACK EYE LINER - LIQUID OR GEL**

**BLACK MASCARA**

**BLUSHER - (to match skin tone)**

**SCARLET RED LIPSTICK - (yes the brightest red)**



**USING A SPONGE OR FINGERS, SMOOTH THE FOUNDATION EVENLY OVER THE FACE. BLEND INTO THE HAIRLINE AND UNDER THE JAW**



**USE BROWN PENCIL TO DEFINE EYEBROWS AND EXTEND SLIGHTLY OUTWARDS (NOT DOWN)**



**COVER EYELIDS WITH BROWN EYE SHADOW AND BLEND UP TOWARDS BROW AND OUT TOWARDS TEMPLE**



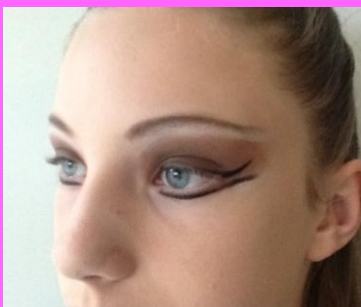
**BLEND EDGES OF BROWN SHADOW WITH FINGER OR BRUSH, A SMALL LINE CAN ALSO GO UNDER THE EYE**



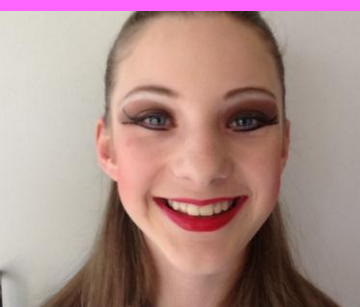
**USE WHITE HIGHLIGHTER UNDER THE EYEBROW AND BLEND INTO BROWN SLIGHTLY**



**CHECK SHAPE IS OPENING UP THE EYE AND BLEND WHERE NEEDED.**



**UNDERLINE EYE WITH EYELINER EXTENDING OUT SLIGHTLY, EXTRA LASH CAN ALSO BE ADDED AS SHOWN**



**ADD BLUSHER AND LIPSTICK TO COMPLETE THE FACE! (FALSE EYELASHES IF REQUIRED)**

## **BALLET SHOE RIBBONS**



**SEW ELASTICS OR RIBBONS HALF WAY BETWEEN THE MID SEAM AND THE BACK SEAM. SLIGHTLY ANGLED FORWARD IS BETTER FOR RIBBONS. BE CAREFUL NOT TO SEW OVER SHOE TIGHTENING STRINGS.**



**- CROSS RIBBONS OVER THE FOOT  
- WRAP EACH RIBBON ONCE FULLY AROUND ANKLE  
- MAKE SURE FOOT IS SLIGHTLY FLEXED WHEN TIGHTENING**



**- TIE KNOT AT THE BACK JUST ON THE INSIDE OF THE ACHILLES TENDON  
- TUCK ENDS INSIDE IN A NEAT BUNCH**



**USING A LARGE NEEDLE PUT A FEW CRISS CROSSING STITCHES THROUGH THE ENDS TO KEEP THEM IN PLACE. IF SEWING IS NOT PRACTICAL THEN HAIRSPRAY THE ENDS BEFORE TUCKING THEM IN AS IT HELPS TO STICK THEM THERE.**