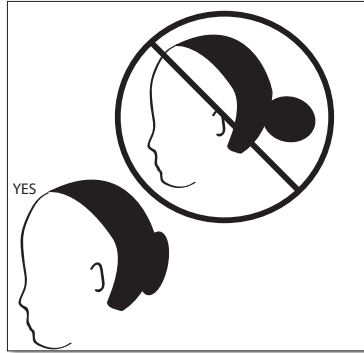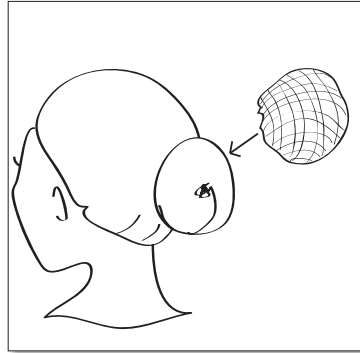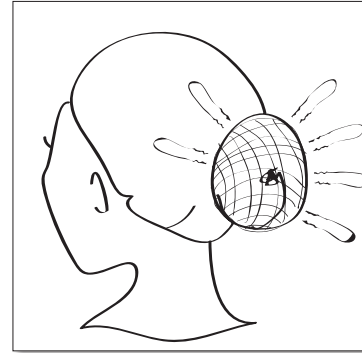# How to Get Ready for Stage

Hair

1. Start with damp hair and work through a large amount of maximum hold gel. Use a fine tooth comb to bring all hair to base of the neck and secure with a pony tail. If needed, secure bangs or loose hair with bobby pins in color matching hair.

2. Twist the hair into a rope and then circle the hair around the elastic tie. Your goal is to make a flat bun that lies against the head, not one that sticks into the air. If your hair is short, you can use a fake bun.

3. Holding the bun in one hand, cover the bun with an invisible hairnet that matches your hair color. If you have trouble finding blond ones, you can purchase one at the front desk for $1. Twist the hairnet onto itself several times to make it the right size.
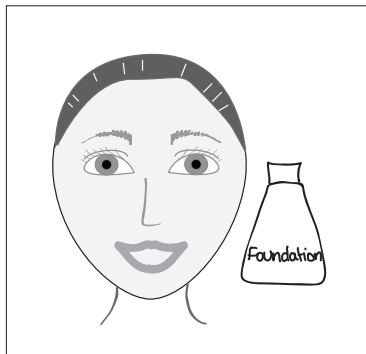
4. Using preferably hairpins, although large bobby pins work as well, secure the bun to the head by "dipping" the pin into the edge of the bun and then securing it to hair on the head. Use pins all the way around the bun.
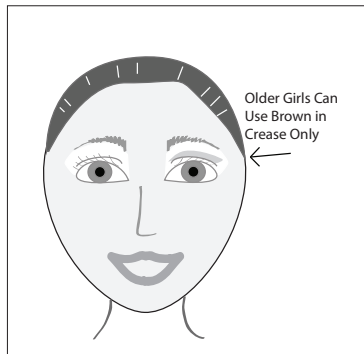
5. Spray the whole head with hairspray, taking care to paste down any fly-away strands.
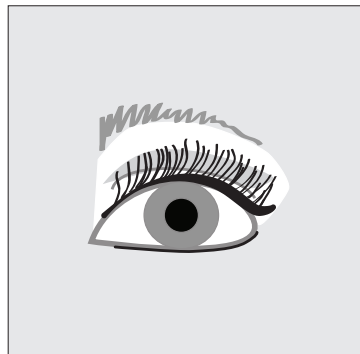
Stage Make-Up

1. Foundation
Young children don't need foundation, but older kids and teens should use a base of a light foundation to even out skin tone. Use on face only.
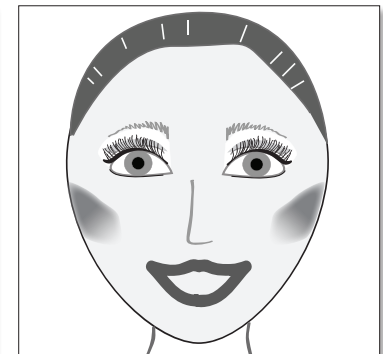
2. Eyeshadow
While it may seem counter-intuitive, please use white or a pale pastel eye shadow from lashes to brow. Older dancers may use brown in the crease only!

Older Girls Can Use Brown in Crease Only

3. Eyeliner and Mascara
Use heavy black eyeliner on the top and make it extend a little beyond the eye. Liquid liner works great here. Use pencil for the lower lid. The eye makeup *should* look too heavy -- this is stage makeup and part of your costume! Follow with several coats of black mascara.

4. Blush
Heavily use a pink or peach blush on the cheeks and cheekbones. Don't extend down toward the jawline.

5. Lipstick
True Red is the only color that should be used on stage. If your costume is bright pink, a deep, dark pink may be used instead. Now, you're ready for stage!