



Hair and Makeup Information

Dear Parents and Students,

Hair: Many of the students require a curly ponytail. If you would like a stress-free way to do your dancer's hair you can purchase a curly ponytail hairpiece at a reasonable price. Sure wish these were around when my daughters were young!! You simply put your dancer's hair in a bun and attach the headpiece and you have a perfect ponytail every time! "All About Dance" in Regina does carry some hairpieces but their stock is limited. We have also had students purchase from the following company and understand that they ship quickly and have a good product for the price. Remember that they are a USA company and their prices are in US dollars and there will be shipping costs added. Please know that some people have had problems getting their orders from them in the past, but they are generally a good site.

Their website is... www.cheerleaderhairpieces.biz

We suggest the "Youth Spiral Curls" style for the preschool, combo and junior dancers.

We have a color ring you can use to match your dancer's hair color. It is at the studio in Regina, feel free to stop by during class hours and take a look if you are ordering.

"Youth Spiral Curls"



"Streaks and Tips"



Not Allowed



Please Note: If your dancer has bright colored streaks or hair (Blue, Purple etc.) you will have to purchase the above temporary spray, or a similar product, that comes in natural hair colors and can be sprayed over the color. This spray will come out once hair is washed. You can purchase this brand at **Sally Beauty Supply**.

Check out these helpful YouTube Tutorials:

- Makeup: <http://youtu.be/r4XHdYSDu54>
- Hair & Makeup Supplies: http://youtu.be/s_hf3QCT3g8
- Long Hair: http://youtu.be/voaB-Fv9e_U
- Short Hair: <http://youtu.be/0sJwz5SMRo4>



Samples of Hair Styles

“Youth Spiral Curls”



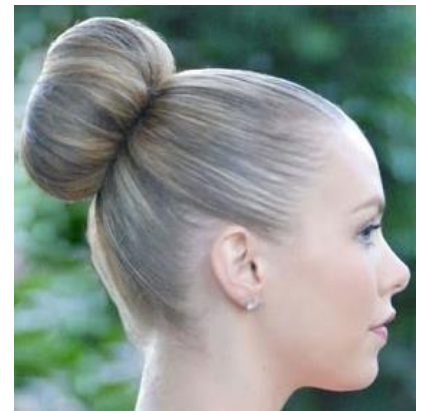
High Curly Ponytail - (hairpiece optional)



**Straight Ponytail -
use a “Straightener”**



Classical Ballet Bun



Sock Bun



**Messy bun - bun pictured
Ok, but sides must
be slicked back**



**French Braid
front must be
slicked back**



**Single French Braid
front must be
slicked back**

Competition (Stage Performance) – Eye Make-up:

- Eye Make-up for competition or stage performances should be similar to pictures posted here.
- Brown on the eye lid, lighter color on eye brow and eye lines out from the side of the eyes.
- Blush should be applied to the cheeks
- Red lipstick should be used as shows up better on stage.

Stage Lights will drain the color out of your dancer that is why we ask for makeup to be applied.

If your dancer absolutely cannot wear make-up we ask that you at least try to wear Blush and Red Lipstick.

NOTE: Make-up should also be worn for pictures but does not have to be as much but dancers should have make-up on for pictures.

Eye Shadow



Eye Liner



Blush



Lipstick



Jewellery/Nail Polish

- Absolutely NO jewellery, earrings etc. of any kind to be worn unless it is part of your costume or requested by your teacher.
- NO nail polish, fake nails to be worn on stage.

We hope this information will help you get your dancer stage ready!

Dance Plus Staff