

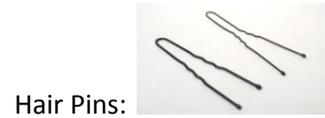
Ballet Bun 101

Items Needed:

Hairbrush, comb, hair elastic, at least 6 bobby pins, hair pins(lots), hair net(that matches hair color), hair spray, water in a spray bottle and flat clips if you have varying lengths of hair.



VS



How To:

1. **Pull hair back into a ponytail:** Wet hair to achieve a smooth & flawless look. Hair gel can be used for harder to tame hair. Be sure to use a good hair elastic that can be wound tight around the pony tail and won't allow hair to slip out.



For a HIGH BUN: Pony tail should be at eye level not on top of the head.



For a LOW BUN: Pony tail should be at the base of the hair line.

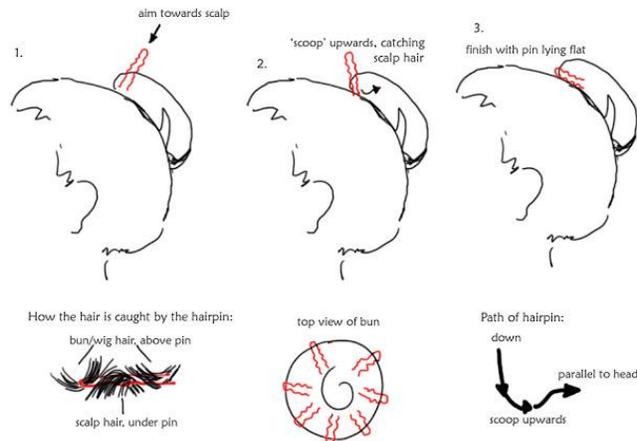
2. **Use Flat Clips to hold back hair that doesn't reach your pony tail.** Use your comb to flatten out hair that doesn't reach the pony tail and secure down with either flat clips or bobby pins that match your hair color.
3. **Criss-cross bobby pins for a good anchor:** Take 6 bobby pins and make 3 X's around your pony tail.



4. **Wrap ponytail hair around the ponytail elastic:** Twist the ponytail hair as you wrap paying attention to keep the hair flat against the head and your crisscrossed bobby pins (think Cinnabun rather than popping out like a doorknob).



5. **Use a hair net to hold the bun shape:** Using the same motions used to put in a hair elastic, cover and wrap your bun with your hair net. Depending on the size of your bun, the hair net might wrap multiple times. Pay attention to get all the way to the edges of your bun.
6. **Add Hair Pins to secure bun:** Using hairpins, secure bun by going through the side of the hairnet and under your crisscrossed bobby pins. You will need 10-15, at least (depending on hair thickness and bun size) to secure all the way around the bun. The more the merrier!



7. **TEST for security:** Gently shake your head to test for any wiggles. A good bun should feel secure and not move when the dancer's head moves. Remember, this has to survive a lot of bouncing, turning, shaking and more! If bun doesn't feel completely secure, try adding more hairpins paying attention to capture those anchor pins under the bun.
8. **HAIRSPRAY!!!** Once the bun is secure, spray, Spray, SPRAY! Use Hairspray to secure ALL wispiques (aka those pesky loose baby hairs) to achieve a nice slick and neat look!
9. **Voila!** Stand back and admire your hard work! You did it!

TROUBLE SHOOTING:

- **My hair isn't long enough to accomplish a bun:** If your hair is longer than shoulder length but only seems to make a nubby ponytail, you can purchase a "fake ponytail." Make sure the color is similar to your child's hair. Follow the steps above securely adding the fake ponytail to your ponytail in between steps 1 and 2. If your hair is shorter than shoulder length, ask your instructor for an alternative style that will work.
- **My hair is long enough but really thin:** If your hair is long enough to accomplish a bun but still pretty thin that your bun is falling a bit "Flat," you can use a fake pony tail as described above or purchase some of the various products to help create a "Sock Bun" look. Just be sure to secure it following our steps above. Some products might make your bun heavy causing it to feel loose or fall out so do a test run before your performance.