

# MDG DANCE RECITAL HAIR



**ALL DANCERS WILL WEAR A BUN FOR REHEARSALS AND RECITALS FOR ALL ROUTINES**

**Dear Dancers and Parents,**

Please follow the instructions below in order to make a neat, clean and classical BALLETT BUN. If you are going to a hairdresser, please show them this flyer so that they can see the location of the bun. **Here are the instructions for the making of a classical ballet bun.**

**BUN SHOULD NOT BE VISIBLE FROM THE FRONT.**

1. Lightly spray your hands and the hair with water. This will give you better control over the hair. Gather the hair and pull it back. Apply a little hair gel to the hair.
2. Use a hair brush to smooth out rough or uneven areas. Form a ponytail by brushing the hair up to the middle part of the back of the head. The placement of the ponytail determines the placement of the bun.
3. Use an elastic hair band to secure the ponytail. An extra elastic will secure the ponytail even better. A tidy ponytail with hair drawn snugly back is the key to making a good ballet bun. Optional - at this point you could also braid the hair, secure the end with an elastic hair band and then coil it into a circle. Either way, you must make a ponytail first.
4. Apply more gel to the ponytail to keep the hair neat, and twist the ponytail.
5. Coil the ponytail into a tight circle, pin as you go using "U" shaped hairpins all around the coil to secure it to the rest of the hair. Slide each pin through the outer part of the coil, then into the base of the bun.
6. Use more hairpins to secure the hairnet over the bun and when the bun and hair are all secure, use lots of hairspray. Use bobby pins to secure any 'wisps' or stray hair. GOOD LUCK!