

# Hair & Make-Up for Shows

## Hair

1. For main stage shows with Caroline Calouche & Co., natural hair color only unless told otherwise.
2. Do your hair first before makeup. But if your hair is down for a show, use a hairband to pull it back from your face so your foundation goes all the way to the hairline.
3. Before you start hair and makeup wear a shirt or jacket that buttons/zips. Less likely that you will smudge all the great work you are about to do.
4. Buns: High (classical) or low (romantic) French Twist
5. For shorter hair, pull any hair that can be pulled back into a ponytail and slick back any other hair with gel.

### Buns

#### Materials Needed

- strong rubber band
- Bobbie pins
- hairnet

### Tips

- Long hair: twist very tightly
- Short hair: can loosen a little for a more full bun or try two twists
- Bobbie pin flat to head – do not stack so it looks like a cone
- Hairnet is a must! Keeps the straggler pieces from flying out
- Pin hairs that do not get into the ponytail
- High buns are centered at the rounded part of your head.
- Low Buns are nape of neck but this also depends on how long your hair is.

### French twist

Top to bottom is more secure for dance

Really hard for long hair

1. Very high ponytail – no rubber band
2. Make sure you find out which direction other dancers are twisting if you are dancing in a group.
3. Twist down and then tuck under on inside of the French twist
4. Fan open hair and Bobbie pin securely

FYI - Hair for dance and acrobatic classes is completely out of the way. Buns are a great idea!

# General Stage Makeup

Goal: to contour your face with natural tones so you can be expressive to the balcony

## Steps to Apply Makeup

1. Clean skin
2. Light moisturizer or serum
3. Liquid foundation and concealer
4. Blush (youth & adult) and contour (adult)
5. False eyelashes (adult)
6. Eye shadow
7. Eye liner
8. Mascara
9. Eyebrow
10. Lipstick

### 1. Clean skin

- General face wash if you don't have makeup.
- Makeup wipes or cream based face wash with washcloth
- Eye makeup remover

**\*False Eyelashes: put on first so they can dry. \***

### 2. Light moisturizer or serum

- Hydrates skin
- If you have naturally oily skin, very light or none might be needed. Experiment.

### 3. Liquid foundation and concealer

- Slightly lighter than skin tone.

### 4. Blush and contour

- Blush on cheekbone.
- Contour on bottom

### 5. Eye Shadow

Goal is to open the eye.

- Avoid dark colors like blacks and grays.
- Can use soft browns for the crease. Contouring the crease helps in creating the illusion of deeper set eyes, which in turn, make them appear larger. Use a matte brown shade from the outer corner to the crease and blend well.
- Add a little white in the inside corner of your eye.

## **6. Eye liner**

- Don't overload on the eyeliner. This only makes the eyes look smaller.
- Possibly even start center of eyelid and go out.
- Wings

## **7. Mascara**

- If not using false eyelashes use mascara that elongates.
- Curling eyelashes can help.
- Mascara on bottom lashes.

## **8. Eyebrows**

- Shape to lift eyes. These frame your eyes.
- Pencil in light areas and darken.

## **9. Lipstick**

- Red: not too bright (no clowns, please) and not too dark (purple lips on stage).
- Might have to mix a couple of colors to get the right one that works with your costume.
- Stains are a good idea but make sure you have proper make-up remover to get it off and that your lips are moisturized before using them.

## **Other Do's and Don'ts for Theater**

- No earrings or jewelry. Leads can have small diamond studs.
- Nude leotard for under costumes.
- Bring a hand towel and washcloth.
- No nail polish