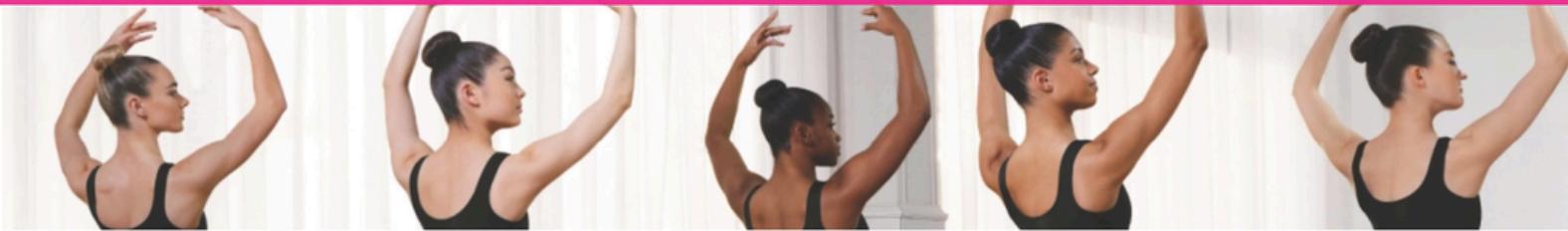


# The Dancer's Bun



## Why Does My Dancer Need A Bun?

It is part of dress code.

Removes distraction during class.

Safety and injury prevention.

Buns can help teachers identify technical issues.

Aids with balance/control.

Every dancer's hair is different, so please use products and tools that work best for your dancer while following the requested performance look.

## What You Will Need

Hairbrush or comb

Large hair elastic (matching hair color)

Nylon hair net (matching hair color)

Thick hairpins (U-shaped): Stronger and better for holding the bun securely.

Bobby pins: Smaller, used for securing the hair net and loose hairs.

Hairspray or gel

Donut bun styler, if desired (matching color, appropriate size)

**All hair should be secured back including whisps, tendrules, and bangs!**

## How Do I Make a Bun?

**Brush and Smooth:** Start by brushing your hair to remove any tangles.

**Create a Ponytail:** Gather your hair into a ponytail at the back of your head or higher. Make sure it's smooth with no lumps, and secure it tightly with a hair elastic.

**Position:** The ponytail should be at the upper-middle of your head, following the line of your cheekbone.

**Tame Whisps:** Use hairspray to smooth down any stray hairs.

**Twist and Wrap:** Twist the ponytail and wrap it around the elastic to form a tight, coiled circle. Secure with hair pins, making sure each pin grabs both the bun and the hair on your head. Use plenty of pins.

**Thick Hair Tip:** If your hair is thick, split the ponytail in half. Coil one half tightly around the elastic, then wrap the other half around the first coil for a flatter bun.

**Secure with a Hair Net:** Wrap a hair net around the bun for a snug fit, then secure it with a few extra bobby pins. Finish with hairspray or gel to smooth any remaining flyaways.

## Short Hair

Short hair must be secured to the head in the same manner with a small bun if possible. No hair may be hanging in the face.

Please use bobby pins to secure any dangling strands of hair.