



North Shore Academy of Dancing

## INFORMATION FOR STAGE MAKE UP & HAIR

Using stage make up for all performances is of the utmost importance. The theatre stage lighting is very strong and can leave a dancer looking pale and "washed out" from the audience. By applying stage make up, the dancer's facial features will be visible to the audience creating the exciting stage presence of facial expressions and emotions which captivates our audience!

A dancer should have the following products for successful stage make up application: Foundation/powder that matches your skin tone, medium pink blush, black eyeliner (pencil or liquid), eye shadow in neutral shades of brown's used for the eyelid, crease, outer crease and brow bone, black/brown mascara for both the top and bottom lashes, false lashes (ages 12yrs+), and red lip stick.

A list of product suggestions for appropriate colours:

- Revlon Colourstay Eyeshadow in #555 Moonlit
- Maybelline Fit Me! Blush - Medium Pink
- Rimmel #10 Lipstick

**\*These are suggestions and new colour numbers may be recommended based on product availability.**

Hair should be parted down the centre of the head and securely placed into a low pony tail. Please use gel/hairspray to secure any "fly away" hairs, the hair should be smoothly brushed into a ponytail with no bumps/lumps along the head. The hair elastic used should be tightly wound and securely placed with the elastic matching your hair colour.

If you are in a ballet or pointe number please bring bobby pins/hairnets to place your ponytail into a low ballet bun.

All dancers should always have the following products in their dance bag for a successful performance hair style: Safety pins, hair brush, fine tooth comb, a full package of bobby pins, hairnets that match the colour of your hair and gel/hairspray.