

DANCE CENTRAL

Stage Make-up & Hair Guide for Teen & Adults

Use the following guide to help you decide what to buy, how to apply, and more hints for completing stage makeup! All products are available at Priceline Pharmacy. All products listed are available at Priceline Pharmacy however you can use any brand you like!

HAIR GUIDE:


All classes are required to have the same hair and make-up across the entire school.

All classes (except ballet): High Ponytail, slicked to the crown of the head. Use enough hair elastics to ensure the ponytail does not budge. All wispy hairs must be gelled down. Ponytails must be straightened with a hair straightener. If you don't have one, just borrow one for the show.




Ballet classes: High Bun (based on the crown of the head). Use enough hair elastics to ensure the ponytail does not budge. Please use a bun or hair net and for thicker hair use French Pins to ensure the bun is secured and won't come out. Otherwise bobby-pins are fine

Fringes: If you have a long fringe we prefer you to pin and gel it back. If it's short and doesn't go into your eyes, you can have your fringe down.





MAKE-UP GUIDE:

What you need	Where to purchase	How to apply	Handy Hints
<p><u>Foundation</u></p> <p>Foundation is designed to even skin tone and correct any blemishes.</p>	<p>Maybelline Fit Me Matte and Poreless foundation is available at Priceline Pharmacy. This product is particularly great as it is not only cheap, but it is pore minimizing and has a matte and full coverage finish so it won't be shiny or reflective on stage. \$21.95</p> 	<ol style="list-style-type: none"> 1. Pour/squeeze/pump a pea size amount of product onto the back of your hand and dot it onto the face, focusing it mainly towards the centre of the face. 2. Use beauty sponge to gently bounce and blend product evenly and outwards towards the edge of face. 	<ul style="list-style-type: none"> • Applying a moisturiser before applying any sort of foundation will ensure the application is even whilst also prepping the skin and increasing the longevity of the makeup. • Blending the product in quickly ensures it doesn't dry on the face and is easy to blend out. • When colour matching in store, put the product on your neck as the goal is to blend the makeup from the neck to the face to avoid any makeup lines. • Keep in mind the undertone of your skin, is it yellow, pink or a mixture of both? • Blending a little of the product down the neck also helps to make the product blend seamlessly. • Go for a product without SPF to avoid a white cast in photos.
<p><u>Concealer</u></p> <p>Concealer will correct any</p>	<p>We recommend The Maybelline Fit me concealer as it is quite affordable, and is part</p>	<ol style="list-style-type: none"> 1. Dot the concealer underneath the eyes and 	<ul style="list-style-type: none"> • Blend the product in quickly to avoid it drying on the face.




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<p>intense blemishes and used specifically to cover dark undereye circles or to spot conceal.</p>	<p>of the same range therefore it works well with the Fit Me foundation. It is also medium coverage and not cakey (however it dries reasonably quickly so be ready to blend it out!)</p> <div style="text-align: center;">  </div> <p style="text-align: center;">\$15.95</p>	<p>any blemishes (such as pimples).</p> <ol style="list-style-type: none"> Bounce beauty sponge to blend out product. 	<ul style="list-style-type: none"> When colour matching in store, put product on neck and match or go one shade lighter to give an awake and brightening effect (just don't go too light).
<p><u>Setting Powder</u></p> <p>Setting powder is important as it increases the longevity of the foundation and concealer, prevents oiliness showing through the makeup, sets makeup, adds a bit of extra coverage and creates a smooth base for contour, bronzer, highlighter and blush.</p>	<p>We recommend the Australis Fresh and Flawless powder. This powder is a life saver! It's affordable and sets down cream makeup products. It can be built up from a medium coverage with shine control to a full coverage that is completely shine free. It also doesn't contain oils or fragrances which is always a bonus!</p> <div style="text-align: center;">  </div> <p style="text-align: center;">\$13.95</p>	<ol style="list-style-type: none"> Tap brush into product using powder brush and pat it into the product evenly over face (don't swirl or swipe as it may cause the foundation underneath to become patchy). 	<ul style="list-style-type: none"> Go for a colour that matches your skin tone to avoid looking cakey or having flashback Apply product shortly after application of foundation and concealer to avoid giving the products time to settle into fine lines (especially under the eye).
<p><u>Contour/bronzer</u></p> <p>Contour is designed to accentuate cheekbones and the jawline and create the illusion of a smaller forehead and nose. It creates a shadowy look.</p> <p>Bronzer is designed to warm up and give colour to the face.</p> <p>These products are important when it comes to performing as the bright stage lights wash out facial features.</p>	<p>When it comes to contour your best bet is to go for a more high-end brand however if you are not willing to pay for a more expensive product, there are also countless cheaper products too (just be aware sometimes these can be patchy). We recommend the Models Prefer contour palette.</p> <div style="text-align: center;">  </div> <p style="text-align: center;">\$10.00</p> <p>There is almost no going wrong when it comes to bronzers so we recommend any!</p> <p>An example is the Savvy Mineral Baked Bronzer</p>	<p>Contour:</p> <ol style="list-style-type: none"> Place finger underneath cheek bone (this is where you apply product) Tap Powder brush in Contour powder and sweep in the hollows of the cheeks. Now apply on the jawline, border of the forehead and down the sides and bottom of the nose. <p>Bronzer:</p> <ol style="list-style-type: none"> Apply product using a similar technique, this time applying only across the cheekbones/cheeks and the forehead, where the sun would tan a face most. 	<ul style="list-style-type: none"> Applying contour before bronzer will make the makeup look less cakey and muddy. Using a light hand with contour helps to avoid patchiness, as it is very easy to apply too much in one area. Apply product up to, and slightly in hairline to give a more natural and blended finish.




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	 <p>\$9.99</p>		
<p><u>Highlighter</u></p> <p>Highlighter is used to accentuate and draw forward the high points of the face, accentuating them. It also makes the skin look healthier and more natural.</p>	<p>We recommend the e.l.f Baked Highlighter as a great option. (NOTE: this product is from Target not Priceline).</p>  <p>\$12.00</p>	<ol style="list-style-type: none"> Swirl brush into product and sweep onto cheek bones bottom of chin, bridge of the nose and cupid's bow (top of lip). 	<ul style="list-style-type: none"> Don't apply too much of this product all over the face as it will give a very unnatural look and will be visible from the audience.
<p><u>Blush</u></p> <p>Blush is used to give some colour to the face, blend the contour, bronzer and highlighter, and give the illusion of a more natural rosy look.</p>	<p>A favourite is the Savvy Classic Blush as it does the job, has multiple colours to choose from and is super affordable!</p>  <p>\$5.99</p>	<ol style="list-style-type: none"> Lightly tap brush into product and carefully blend product from cheekbones backwards towards the ears. 	<ul style="list-style-type: none"> Don't smile when applying product as the product will be lower when the face relaxes, giving a less natural and blended look. Use a light hand when applying product as it will prevent applying too much product on one area.
<p><u>Eyebrow Product</u></p> <p>These products are crucial as they define and fill in the brows. This is important to avoid facial features looking washed out. Eyebrows frame the face and make it easier to create even looking eyeshadow.</p>	<p>An all-time favourite brow product is the Covergirl Easy Breezy Brow Micro-Fine + Define Pen. The small size of the pencil allows one to create natural hair-like strokes.</p>  <p>\$13.95</p>	<ol style="list-style-type: none"> Draw a line underneath the brow. Use product to fill in tail (end of brow). Carefully fill in the centre of the brow using light hairlike strokes backwards towards the tail of the brow (in the direction your hair naturally grows). As you reach the front of the brows, use a really light hand to draw hairlike strokes upwards (again in the direction hair naturally goes). 	<ul style="list-style-type: none"> Using a light hand will make application much easier Some people may wish to purchase a brow gel (clear or coloured) to hold the brows in place all day (an alternative is using hairspray on an eyebrow brush). Any brow product can be used (powder, pencil, pomade, wax or crayon) however, we recommend pencil as it is the cheapest and easiest option.
<p><u>Eyeshadow</u></p>			



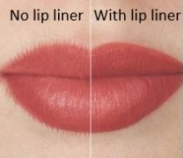

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<p>Eyeshadow is crucial, as eyes are the main features of the face and therefore must be accentuated under the bright stage lights.</p>	<p>The Maybelline The Nudes Palette has a great range of colours to create the perfect brown smoky eye</p>  <p>\$25.95</p>	<ol style="list-style-type: none"> 1. Use a lighter brown shade as a transition colour to blend between the darker shades and the skin. Apply in the crease of the eye and a tiny bit above the crease and blend generously. 2. Place medium to dark brown in your crease and blend it with the transition shade. 3. Place the darkest brown in the outer corner of your eye. Again, blend up. 	<ul style="list-style-type: none"> • Use a fluffy eyeshadow brush rather than the small foam brush that comes in the pack or your fingers to achieve the best results. Only a brush can do the blending you need! • If you must, only apply vary sparingly beneath the eyes as close to the lashes as possible. Any more will look heavy and make the eyes seem smaller.
<p><u>Eyeliner</u></p> <p>Eyeliner again accentuates the eyes further and helps to blend false lash bands to real lashes.</p>	<p>Maybelline Master Precise Liner in Blackest Black is a felt pen, which makes it easy to handle and use neatly and precisely.</p> <p>\$16.95</p> 	<ol style="list-style-type: none"> 1. Using eyeliner brush, draw a line carefully as close to natural lashes as possible. Gently stretch the skin across to make the skin tight while you do so. 2. To make an optional wing that flicks outwards and up, open eyes and make a small dot of where you want the end to the wing to be (do this on both eyes to check it's even). Now close eyes and again hold eye area taut whilst carefully connecting the lines to the dots 	<ul style="list-style-type: none"> • Applying eyeliner before false lashes will ensure a blended look and avoid a line of skin between false lashes and natural lashes • Start the line thin and if needed build it up till its thick, you can always add more but taking off a mistake is can be difficult. • Continuously throughout application, check that both eyes are even. • Use a cotton bud with makeup remover follow by concealer to clean up mistakes • Do not line underneath the eyes
<p><u>Mascara</u></p> <p>Wearing mascara is very important as the bright stage lights wash out facial features and the main goal of mascara is to accentuate and open up the eyes.</p>	<p>We recommend the following products as they are affordable but still do the job well!</p> <p>Essence All Eyes On Me Multi-Effect Mascara</p>  <p>\$4.10</p> <p>Essence All Eyes On Me Waterproof Mascara</p>	<ol style="list-style-type: none"> 1. Mascara: 2. Gently pull upwards on the brow area to lift the eyelashes and look out and down. 3. Brush the product carefully through top lashes. 4. Wait for top lashes to dry for 15 seconds before doing the bottom lashes to ensure wet product doesn't transfer on the lids. 5. Now look outwards and up and carefully brush the product downwards through the bottom lashes 	<ul style="list-style-type: none"> • It is normally recommended to use non-waterproof mascara to make it easier to remove however if you are worried there may be tears during the day it may be better to purchase a waterproof mascara to prevent it from running or smudging. If you do end up going for a waterproof option, make sure you also purchase a waterproof makeup remover or it will be extremely difficult and uncomfortable to remove it. • We recommend steering clear of mascaras with big brushes on the end as it can be difficult to apply and can get very

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	 <p style="text-align: right;">\$4.10</p>		<p>messy! It's definitely best to look for a mascara with a thin brush head.</p>
<p><u>False lashes</u> False lashes take mascara to another level, making eyes look large and pop.</p>	<p>The Ardell Wispie Lashes have an invisible, lightweight band that connects the hair strands to form a strip (this means the corners won't come up half way through the day!)</p> <p>Ardell Glamour Wispies Lashes</p>  <p style="text-align: center;">\$10.99</p>	<ol style="list-style-type: none"> 1. Curve lash band slightly to make it easier to round to the eye shape and stick properly <div style="text-align: center;">  </div> 2. Place lashes on eyes (using no glue) to see whether they fit the eye or whether the sides need to be trimmed 3. Apply a thin layer of the lash glue to the band and wait around 30 seconds before applying to the eye so the glue is tacky and will stick easier. The glue will begin to go clear when it is tacky. 4. Close your eyes and holding lash in the centre carefully place them as close to the lash line as possible. 5. Use either tweezers or fingers to stick down the edges to the inner and outer corner of the eyes as this is where they tend to come unstuck. 6. Wait for them to dry (This should only take about 30 seconds) 7. Open your eyes and if any part of your eye is stuck together, gently hold bottom and top of eyelids, pull gently and slowly open. 	<ul style="list-style-type: none"> • When applying false lashes, we recommend applying them before mascara and using the mascara to blend the natural and false lashes together. • Make sure you put the correct eyelash on the correct eye. This may seem obvious but making a mistake is surprisingly easy to make. • When applying false lashes work on one eye at a time rather than trying to multitask as the glue works best when it isn't too wet or too dry and it takes time to apply false lashes. • Practice before the show! You can re-use lashes if you are sure to gently pull off the eyelash from your eye, as well as pull off any glue left over on the band.

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<p><u>Lipstick and lip liner</u> <u>/lip-tint</u></p> <p>Stage lights wash out the colour of facial features, hence why we always recommend a red lipstick or lip stain.</p>	<p>There are countless red Lip products on the market, some examples are:</p> <p>Savvy Long Wearing Lip Liner in Cherry</p>  <p>\$6.99</p> <p>Savvy Lipstick in Cherry</p>  <p>\$4.99</p>	<ol style="list-style-type: none"> 1. Draw an outline of your lip (Unless you are specifically going for bigger looking lips, don't draw outside the natural line of the lips) 2. Now again using the lip liner fill in the rest of your lips (this helps to keep the colour on the lips throughout the day if the lipstick were to wear off) 3. Use the lipstick or lip-tint to carefully go over the lip liner, using swiping motions 	<ul style="list-style-type: none"> • When using a lipstick, we highly recommend using a lipliner beforehand as lipstick tends to bleed out of the lip liner  <ul style="list-style-type: none"> • Before using a lipliner, we suggest rubbing the product on the back of your clean hand to warm the product up. This will make it easier to apply and will stop it from pulling on your lips if your liner is a less creamy consistency. • Some people may find it easier to use a lip brush  <ul style="list-style-type: none"> • As red is such a bright colour, it is very obvious if it is out of the lines so (if you have one) it's always handy to have a concealer on standby in case a mistake is made. The concealer will easily conceal the mistake.
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<p><u>Brushes and tools</u></p>		 <p>Real techniques Miracle Complexion Sponge - \$16.99 - Can be used to blend moisturiser/primer, foundation and concealer.</p>  <p>Savvy Essential Eyes Brush Set 4 pack - \$9.99 - Can be used for eyeshadow.</p>	 <p>Ecotools Five Piece Travel Collection Set - \$14.00 - Can be used for certain eyebrow, eyeshadow and eyeliner products and powder face products (setting powder, powder foundation, bronzer, blush, contour powder, highlighter)</p>
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