

To Make a Proper Ballet Bun

What do I need?

- Hair brush with nylon or natural bristles (close bristles)
- 2 Large, covered hair elastics - Nylon hair net (matching hair color-available in most drug stores) - Thick hair pins (not bobby pins). Hair pins (U shape) are thicker and will grip more hair. Bobby pins will slide out of your bun. Bobby pins can be used to secure hair net and any loose pieces of hair that do not fit into the ponytail (for shorter hair).
- Hair spray - Hair gel - Spray bottle with water (for unruly hair)

How do I make the bun?

1. Brush hair smooth and free of tangles. For unruly hair, wet hair with spray bottle and comb through gel beforehand.
2. Pull hair back neatly into a ponytail at the back of the head or higher using a brush, and then a comb or soft brush to avoid "lumps and bumps" until hair is completely tight and smooth. A tidy pony tail with hair drawn snugly back is the key to making a good ballet bun. Placement of your ponytail determines placement of your bun. Ballet buns should be slightly higher than the middle of the head.
3. Secure ponytail tightly with 2 hair elastics.
4. Use plenty of hair spray to eliminate any "whisps" around the head, smoothing any remaining bumps of hair.
5. Twist the ponytail as you gradually wrap it around the hair elastic, creating a tight, flat, coiled circle, inserting hair pins as you wrap. Be sure that your hair pins contain hair from both the head and the ponytail. This will hold your bun close to your head. Be sure to use plenty of hair pins (12-16 on average).
6. The idea is to have your bun tightly wound in a flat coil around your elastic and secured to your head.
7. Once you have created your bun, wrap your hair net around it as many times as it will allow for a snug fit.
8. Hold the hair net in place with a few extra bobby pins, and hair spray or gel any whisps that are remaining.

Short hair

- Short hair must be slicked back with gel and hairspray, and secured with a black elastic headband, bobby pinned to the head so that it will not slide and become a distraction to the student. Must withstand jumping and turning.
- No hair may be hanging in the face. - Use bobby pins to secure any dangling strands of hair around face and back of neck.