

the Dance Factory

Slicked-back, middle height Ballet Bun Instructions

Materials List:

- spray bottle filled with water
- Hair spray
- Hair Gel
- Hair Pins/Bobby Pins
- Elastic Band
- Comb and Brush
- Hair Net (same color as hair)



- Start with damp hair. This will give you better control over the hair. Gather the hair and pull it back. Apply hair gel or moose if more control is needed. Use a hair brush to smooth out rough or uneven areas. Form a ponytail by brushing the hair up slightly from the jaw line and back to the back of the head. The placement of the ponytail determines the placement of the bun. Ponytail should be in the middle of the back of the head.
- No bangs please. Use hair gel, moose, bobby pins and hairspray to keep bangs off the face. Use an elastic hair band to secure the ponytail. A tidy ponytail with hair drawn back snugly is the key to a good ballet bun. Apply more water or gel to keep the hair neat and twist or braid the ponytail. If you braid it, secure end with elastic band. Coil the ponytail into a tight circle.
- Use hair pins all around the coil to secure it to the rest of the hair. Slide each hair pin through the outer part of the coil and into the base (center) of the bun.
- Wrap a fine hair net around the bun. Keep twisting and wrapping so that the hair net tight secures the bun. Make sure the hair net is the same color as the hair.
- Large buns may protrude too much. A flat bun is preferable. To flatten, remove all pins; the hair net will hold the bun. Then flatten the bun and re-pin all around the bun.
- For extra hold, when the hair and bun are all secure, use hairspray.



Tip for Ballet Dancers with Costume changes

If your ballet dancer has a costume change that includes a change of tights, we suggest they wear their pink ballet tights over their tan tights.