

Nutcracker Hair Tutorial: **BEES** (basic ballet bun)

You will need:

- *Elastic pony tail holders (2)
- *Hair gel
- *Hair spray
- *Bobby pins (lots)
- *Hair nets in the color of your dancer's hair (several)

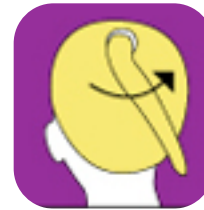
Step One: Create a Strong Pony Tail

- * brush hair, gel around the brow and neckline, then gather into a pony tail using an elastic pony tail holder
- * add an extra pony tail holder to make it tight
- * spray all fly-aways now, especially at the base of the neck



Step Two: Twist, Coil, and Pin As You Go

- * twist the pony tail to make it hold together
- * begin coiling the pony tail around the elastic, making a flat cinnamon bun shape on the head
- * secure with bobby pins as you go -- don't try to get the whole bun made before you start pinning
- * bobby pins work best with the bumpy side toward the head, flat side up
- * use "up-and-over" reverse motion with the pins for extra security



Step Three: Secure with a Hair Net

- * twist the hair net over the bun until it is tight
- * pin into place with a few bobby pins
- * hair nets may only last for one or two uses or may break during practice so have several of them in your kit



Step Four: Final Slick and Spray for the "ONION SKIN LOOK"

- * use hair spray or more hair gel to slick down and spray any remaining fly-aways or bumps
- * if there are chunks of hair that do not reach into the pony tail use bobby pins in X formations to flatten these to the head

