

## **Full Performance Make-up**

Stage makeup is an essential part of any performance. The intense lighting used for performance and the distance between the audience and the stage can make the dancer appear washed out and expressionless. The facial features appear to lose their dimension (flatten out) without appropriate makeup on. Without this dimension the audience cannot see your facial expressions clearly and dancers look less lively and joyful on stage. Properly applied stage makeup is used to add color to the skin, to give the face a more three dimensional look and to exaggerate the features, making them clearly visible and brighter to the entire audience. The proper application of stage make-up will ensure that the eyes and lips are clearly visible to the audience fifty feet away. Makeup that could in any way pass for regular, daily makeup is not appropriate for the stage.

Your performance makeup should be thought of as part of your costume. Imagine putting on a long evening gown, wearing high heel shoes, having your hair in an up-do and wearing beautiful jewelry. Then imagine putting nothing on your face, you would look and feel like you were missing something. Your face would be overshadowed by your outfit and would look drab. We don't want our costume to overshadow our face. Stick to neutral/earth-toned colors to adapt to every costume change, every lighting situation and every skin tone. These colors will bring out the natural beauty in the dancers face.

All students will be required to supply and apply their own make-up for performances. Students should wear foundation, face powder, eyeliner, eye shadow, mascara, false eyelashes, blush, and lipstick.

### **1.Face Preparation**

Pull your hair completely off your face with a hair band and wash and dry the face. If your skin is dry you may need to apply a moisturizer (young children normally don't need this). If you use a moisturizer, apply it at least half an hour before you put on your makeup. A moist face can end up looking splotchy.

Ensure you have all your supplies readily available before you begin.

### **2. Foundation**

#### **Choosing a Foundation**

Foundation creates a clean, matte surface that will be the base to which the rest of your makeup adheres. It is used to even out the complexion and reduce shadows from stage lights. Makeup that is worn without foundation looks blotchy when you get sweaty and as the performance day goes on. It should provide a slightly darker skin tone (for those with a light skin tone) or matching skin tone (for those with a dark skin tone). A foundation should be selected that provides full coverage. Select several shades close to your skin color. Apply samples along the jaw line or on the inside of the wrist and look for the one that blends naturally into your skin. Your stage makeup foundation should be one shade darker than this shade. This helps to give the face color under the harsh stage lights. Very dark complexions may want to use the shade that blends instead of a darker shade. Pink toned foundations can look "ruddy" or reddish under stage lights, warm toned foundations will keep the skin looking healthy.

#### **Applying the Foundation**

Dot the foundation over the face, using a sponge blend the foundation up and out to provide an even look. Carefully blend foundation into hairline and down onto the neck so that you do not see where the foundation begins/ends. You want to avoid creating a "mask". Cover-up may be applied before or after foundation to even out skin tone, cover blemishes, or fade scars. After applying foundation take a large brush and apply powder to the entire face. This will set the foundation and prevent shiny faces on stage that are especially noticeable under bright stage lights.

### 3. Eye Makeup

The most important and most difficult aspect of makeup application is eye makeup. It requires care and practice. The purpose is to exaggerate the eye and make it stand out and appear larger to the audience. Good eye makeup will bring a face to life on stage.

General principles apply to all eye makeup and then modifications may be made to accommodate individual eye shape and features. Have your dancer gently close their eye, not scrunched as this causes lines.

1. Cover the entire eyelid with a light-medium colored shadow (beige or cream).
2. Using an eye shadow brush that is small and angled, apply a dark brown only to the crease, focusing on the outer half of the eye.
3. Follow the line of the crease on the inside portion of the eye with darker shadow. On the outside, do not follow the bone down but rather keep the dark color moving up and out. Exact placement of this dark shadow is dependant on eye shape. Do not let the dark contour color get too high on the crease of the eye that it collides with the eyebrows and too far in towards the nose. The eyes will end up looking like big emotionless, black holes. The narrow eye may appear more open when the darker color does not extend down on to the eyelid (leaving more "white" or highlight space). A small eye requires a saturation of dark shadow to exaggerate the line of the eyes. If you have recessed or deep-set eyes you may also use a medium shade between the dark shadow and the white shadow under the brow (this step is still to come). This gives the eye an extra highlight.
4. White eye shadow should be applied right under the eyebrow highlighting the brow bone to enhance the arch. The white shadow should be continued around to the inner corner of the eye.

Eye makeup requires practice and patience!

#### **Do not:**

- Use light purple or baby blue as they disappears under stage lights.
- Use dark Purple (rather than plum) and Dark Blue because these often turn black on stage.
- Use Bright colors (blue, purple, green) because these can fight with different costumes.



5. Apply black eyeliner to the top lid, along the line of eyelashes, as close to the lashes as possible. Eyeliner should start 1/3 of the way out from the inner corner of the eye and move outwards. If the dancer is very close to the audience a thin line is only necessary, however on stage a thicker line is needed to emphasize the eyes. It should get thicker on the way out and fan away from the eye at the outside edge. A liquid eyeliner will create a cleaner look but it takes a little practice. Some kids don't like the application of eyeliner, they get scared (especially with a sharp pencil) coming so close to their eye or find it uncomfortable. A liquid eyeliner with a foam brush is not so scary and doesn't hurt so much. Wait until the liquid liner dries before opening the eye or it will smudge.

6. There are a few techniques/styles for lower liner depending on the shape or size of your eyes. A black or chocolate brown powder liner can be applied under the lower lashes. Begin about half a centimeter from the corner of the eye and extend just past the outer corner. The liner should enhance the natural eye shape in the middle, but the edges should fan away from the eye. Drawing the line up at the edges can close the eye and make it look smaller. Do not place the liner too far into the inner corner of the eye. It closes up the eye and can give the appearance of the dancer being "cross-eyed". The eyeliner should get thicker towards the outside of the eye.



7. Put the white liner between the upper and lower lash line in the outer corner of the eye and on the inside of the lower lid. This technique will open the eyes up on stage, making them appear much larger.

8. Lashes will make your eyes stand out on stage, stage lights tend to make the eyes appear smaller but lashes open the eyes. Loosen the lashes from their container and peel them off gently (tweezers may be used). Lashes come in generic sizes, they will probably need to be cut down to fit your eye. Toothpicks may be helpful in applying the adhesive. Some people will apply the adhesive directly to the lash. Others place the adhesive on their hand and run the edge of the lash through it. You can also put a little lash glue on the open lash container and use the edge of the glue tube to draw a thin line on the lash. A little glue goes a long way. **Do not apply glue directly to the eye.** Wait 30-40 sec (or blow on the lash) for the glue to get a bit sticky. Line up the end of the lashes with the last natural lashes on the outside corner of the eye. Apply false eyelashes as close to the root of the eye lash as possible. Hold in place and press down the length of the lashes (press in and up). Open the eye straight away, adjust to get a straight line. This takes practice!



9. Use a black mascara to coat and bind your natural lashes to your new false ones. It can be difficult to apply mascara on small children. At first it will feel unnatural to them and they will scrunch their eyes, smudging the black mascara. One method that works to compensate for this is to hold a folded tissue on the cheek, right up to the eye, under the bottom lashes. If you do smudge, it goes on the tissue. Coat the top side of the upper lashes with mascara brushing down and out from lid to outer lash. With their eyes open, hold the wand close to the eye and have them blink, very gently, making sure each time they blink their lashes catch on the wand and get a coating of mascara. They only need to do this 3 or 4 times. Any excess mascara will go onto the tissue - not the skin,. Try to keep the child from blinking hard until the mascara has dried.



Be sure the outer edges are securely fastened, you do not want them popping up during a performance. To remove false eyelashes, gently pull off from one end to the other. If you are careful with the lashes they can be reused, save the packaging from your lashes to store them between uses. Do not choose a false lash that is too big and/or too thick. When the stage lights come down from the top, lashes that are too big can create a shadow under the eyes making them look sleepy, heavy, and closed up. For young dancers you could use a half lash and the focus of the lashes is the outer third of the eye. This creates a sweeping motion lifting the eye to an almond shape. This is the look we are trying to create.

#### 4. Blush

Blush should be applied with a brush, but not the brush that come with drug store blushes. Make sure you are using a neutral rose toned or neutral pink/peach toned blush to work with all different skin tones. This can be tricky to apply to children who don't have pronounced cheekbones. Ask the child to suck their cheeks in, that way accentuating the cheek bone. The color should accent and highlight the cheekbones. If your child has pronounced cheek bones the color can be applied directly to the cheek bone. If they have fuller cheeks the color can go below the cheekbone, running along the bottom edge of the bone. The white shadow used on the eyes may be used on the cheekbone itself (or slightly above, depending on the shape of your face) and up the temples. Blush should be applied in a triangle with the point no farther inside than the pupil of the eye (just before the bone ends). The open end of the triangle extends out toward the hairline/ear. To avoid circles on the apples of the cheeks, start at the hair line and brushing the blush forward. To avoid harsh lines blend the color forward and then up. Don't let the blush color drop below the lip line. Do not use too much blush or create a sharp line, this makes the dancer look older and more mature. Ensure you blend the blush and highlight to create a fresh, youthful look. This step is often overlooked and is needed to keep the cheeks from overpowering the eyes and lips. A light touching of blush may be applied to the entire face or used on the outside edges of the forehead (above the temples) and chin.



## 5. Lips

Do not wear a lipstick that is too red or purple/hot pink. Lipstick that has a “clown-like” look can be distracting to the audience/judges. If your lipstick stands out more than you’re dancing - it’s distracting! Most red lipsticks can be toned down by adding a neutral tone underneath them, this gives the red color some depth.

Lips require a base for lipstick to adhere to foundation, lip liner (over the entire lip), or a base coat of lipstick (powdered) can be used. Once applied, carefully following the line of your lips (or carefully adjusting their shape if you’ve practiced it). Blot lipstick with a tissue and reapply lipstick. A lip brush gives a more accurate application than a lipstick tube. Lipstick should be re-applied throughout the day. Do not use gloss or Vaseline as this can cause lipstick to run. Be careful when applying the lipstick that you don't go out of the lip line (unless enlarging the lip), as it's hard to rub off. If you have to correct your lipstick cover it up with foundation or concealer.



One thing you must be careful of with lipstick (especially on children) is that you do not smudge the lipstick on your costume during costume changes. This is where a hair scarf is used to cover the head when the costume is taken on and off.

Carefully powder your makeup, fix your hair and warm-up. Just prior to performance, re-check make-up for further applications of colour or powder.

Although it may feel like it takes a long time to apply make-up, you will soon become more proficient.

### Helpful Hints

You can leave some extra loose powder on the cheekbones and under the eyes to catch any shadow that falls on the cheeks. Once make-up is complete simply brush the powder away.

If you get black eyeliner, mascara or lipstick smudged on the skin or eyes, do not try to rub it off, that will only make a bigger mess. Using a Q tip, dip it into the foundation and dab onto the smudge until it is completely covered. Leave it to dry and apply another coat of foundation or eyeshadow over the top.

When you go into a new theater you can do a “makeup check” before you perform. Have someone go out into the audience and look at you on stage to see if they can see all of the emotion and dimension in your face.

### Supplies

Performance season is a busy and stressful time for everyone. It is recommended that you create yourself a checklist ahead of time that you can use to prepare for every event. This can help stop your worrying about forgetting something. Here are some suggestions.

Dancewear: extra tights, nude undergarments, extra bra straps (clear and nude)

Costume Pieces: hair accessories, hats, arm bands, gloves, boot spats, rhinestone earrings, props

Hair Supplies: gel, hairspray, brush, comb, hair pins, bobby pins, elastics, hair nets, barrettes (matching your hair colour), spray bottle of water, curling iron, hair straightener, hair dryer

Makeup Supplies: eyelash curler, mascara, false eyelashes, eyelash glue, toothpicks, pencil sharpener, sponges, Q-tips, make-up remover, cotton pads, tissues, brushes (big for powder and blush, small for eye shadow), foundation, powder, eyeliner (black and white), eye shadow, blush, lipstick, moisturizer

Misc. Supplies: Tweezers, nail clippers and file, clear nail polish, nail polish remover, scissors, double-sided tape, body glue, hot glue, crazy glue, sewing kit with needle, thread (that matches costumes) and safety pins, head scarf, face cloth

First Aid Supplies: Tylenol, antacid, clear band-aids, neosporin, instant ice/heat packs, tensor bandage (if you need this to perform cover it with foundation so it matches your skin and is as inconspicuous as possible)

Food/Drink: Water, juice boxes, fruits, veggies, granola bars, cheese sticks, raisins, trail mix, or crackers. Avoid less healthy alternatives that may not agree with your stomach.

Performances often mean long days, the more relaxed and comfortable the dancer the better they will perform. For this reason don't forget the "extra" stuff. A pillow, blanket, cover-up, comfortable clothes (sweats) and slippers or flip flops will help make you more comfortable. Remember to pack something to do; pens, a notepad, an iPod, or magazines.

Resources:

[www.jamcosmetics.net](http://www.jamcosmetics.net) - I find this one really useful  
Prima Diva Performance Look- For Full Stage Make-up  
Young Dancer Recital Look

