

Young Dancer Stage 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 their own make-up for performances. Students should wear foundation, face powder, eyeliner, eye shadow, 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 light skin tones) or matching skin tone (for those with a darker 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 them stand out and appear larger to the audience. Good eye makeup will bring a face to life on stage.

Have your dancer gently close their eye, not scrunched as this causes lines.

1. Dab loose powder under the eyes to create little loose powder “puddles”. This powder will catch any dark eyeshadow speckles that fall on their face.
2. Apply a medium brown eyeshadow to the lid, darkest at the lashline, fade it out as you reach the crease and extend to just below the brow line.
3. 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 disappear 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.



4. Apply dark brown 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. 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 powder liner will not be as scary and creates a softer look on a young dancer.

5. Chocolate brown powder can be applied under the eye. 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 brown 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.

6. White eyeliner can be used on the inner lash line and between the upper and lower lashes. This technique will open the eyes up on stage, making them appear much larger.



7. 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.



8. Eyebrows need to be enhanced for stage performances because much of our emotional expression is shown in our eyebrows. Use an eye shadow color that is the same as or one to two shades darker than the hair color. Go to the center of the brow, and carefully, brush a line of shadow in the CENTER of the existing eyebrow. Don't move the brush through the rest of the

brow - a little goes a long way on the eyebrows. Blend out the center line of shadow that you just applied with a brow brush. Keep it soft and natural for young dancers but enhance it enough to allow the audience to clearly see the dancers emotional expression. TIP: A thin, sculptured, dark, defined brow can look too sophisticated and mature for a young dancers face. It is an older, more dramatic look, a thicker brow is more youthful.

5. 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. The color should go below the cheekbone, running along the bottom edge of the bone and sweep up over the apples of the cheeks. 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.



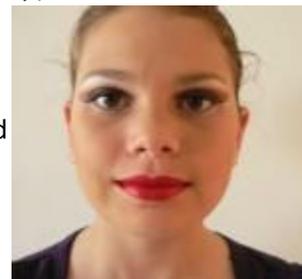
6. Lips

A good color for a young dancer is a natural deep rose color of lipstick makes the lips look fresh and clean without the dramatic look of a bright red. A rose toned color keeps the look young and innocent but gives enough color for us to see the expression on the face, which shows the emotion of the dancer.

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 its 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 it taken on and off.

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



Makeup for dance performances needs to be much darker than everyday street makeup for a young dancers face to be seen by the audience. This can make dance moms and dads quite uncomfortable for fear of them looking "too mature for their age".

Here are some tips for keeping makeup for young dancers youthful and fresh but strong enough for stage.

Cheeks - Makeup for dance is often misunderstood. Stage makeup does need to be darker and more intense but blush that is the wrong color, too dark, or is applied in hard, sharp lines definitely adds years to a younger dancers face. Use neutral pink/peach tones of blush to give the face a natural, healthy glow. Apply UNDER the cheekbone to

enhance the bone structure of the face. AVOID circles on the apples of the cheeks by starting your blush brush from the hair line blending the blush forward and then up at the apples. Try not to let the blush color drop below the lip line. Blend to create a fresh, youthful look to the dancers face. TIP: A severe blush line will add years to a face.

Lips- Choosing the wrong shade of red lip stick can make a dancer look hard, harsh, and overdone. A good color for a young dancer is a natural deep rose color of lipstick makes the lips look fresh and clean without the dramatic look of a bright red. A rose toned color keeps the look young and innocent but gives enough color for us to see the expression on the face, which shows the emotion of the dancer. Ideally, when choosing a red lipstick color for stage performances, choose a neutral red. This usually has a slightly browner shade, or has brick tone to it and it looks good on every skin tone. A plum (or wine) color is also nice on stage and creates a less bold or dramatic look.

www.jamcosmetics.net - young dancer recital look

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, 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.